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ABSTRACT

Designed to aid dietitians, nutritionists, and other health professionals to better serve the nutritional needs of Hispanics, this bilingual booklet describes the different cultural eating habits of Mexican, Cuban, and Puerto Rican Americans, with in-depth description of Mexican Americans. Written in Spanish and English, the booklet includes examples of questionnaires used to obtain medical and prenatal histories, dietary information, and information on an infant's birth, neonatal, infectious diseases, and development. Suggestions are given for normal nutrition, morning sickness, nausea, vomiting, diarrhea, constipation, and modified diets (e.g., high fiber, bland, low-cholesterol-modified fat, sodium restricted, diabetic, and calorie restricted). The common description and classification of Mexican American mixed dishes are provided, along with a list of food groups and terms in English and Spanish. Other topics covered are staple foods of Mexican American families on low or marginal incomes; foods commonly eaten in the basic four food groups plus desserts, beverages, fats, seasonings and spices; the influence of the Mexican American culture on health care; typical Puerto Rican and Cuban meal menus; and the nutritive value of foods commonly available in Hispanic markets. The Spanish alphabet and its pronunciation, days of the week, seasons and months of the year, and cardinal and ordinal numbers are given in Spanish. (NQA)

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Spanish Aid in Clinical Dietetics

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preface

Many factors affect the Hispanics eating habits. They tend to prefer the foods they have known and liked since childhood and they are not easily diverted from them. Familiar foods have deep significance for entire populations as well as for individuals. Adhering to long-established eating customs tends to create a feeling of permanence and solidarity among the people of a country. It often symbolizes security in the face of other basic changes.

This booklet gives description of the different cultural eating habits of the Hispanic population including the Mexican-Americans, the Cuban-Americans and the Puerto Rican-Americans with in-depth description of the Mexican-Americans.

Some of the Hispanics have limited exposure to American foods, therefore their traditional foods should be planned in their diets as frequently as possible before the nutritional goals may be achieved. Since the purpose of this material is to increase Hispanic exposure to American foods, without upsetting their dietary intake, then the foods of their culture must be provided at intervals as an alternative to standard American foods.

This booklet and dictionary is designed as an aid to the dietitians, nutritionists and other health professionals to better serve the nutritional needs of the Hispanic population.

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MEDICAL INTERVIEW

Patient: (Paciente:)_____

Date of Birth: (Fecha de Nacimiento:)_____ *Age:* (Edad:)_____

Ethnic Identify: (Identidad Etnica:)_____

Diagnosis: (Diagnosis:)_____

MEDICAL HISTORY	HISTORIA MEDICA	*Yes*	*No*	*Unknown*
Are you suffering from or have been affected in the past by:	¿Está usted sufriendo o ha sufrido de:	Si	No	No Se Sabe
Alcoholism?	Alcoholismo?			
Anemia?	Anemia?			
Arthritis?	Artritis?			
Asthma?	Asma?			
Birth defects?	Defectos de nacimiento?			
Bleeding problems?	Problemas de sangrar?			
Cancer?	Cancer?			
Colitis?	Colitis?			
Cataracts?	Cataratas?			
Diabetes?	Diabetes?			
Eczema?	Eczema?			
Emphysema or lung disease?	Enfisema o enfermedades de los pulmones?			
Epilepsy?	Epilepsia?			
Gland disease?	Enfermedades de las glandulas?			
Glaucoma?	Glaucoma?			
Headaches?	Dolores de cabeza?			
Heart disease?	Enfermedades del corazón?			
High blood pressure?	Alta presión de sangre?			
Insanity?	Demente?			
Jaundice?	Ictericia?			
Kidney disease?	Enfermedades de los riñones?			
Liver disease?	Enfermedad del hígado?			
Mental illness	Enfermedad mental?			

GASTROINTESTINAL HISTORY	HISTORIA GASTROINTESTINAL
Pains in stomach or abdomen?	Dolores del estómago o del abdomen?
Yellow skin or eyes?	Piel u ojos amarillos?
Diarrhea?	Diarrea?
Blood in stool?	Sangre en el excremento?
Black, tarry stools?	Excremento negro?
White stools?	Excremento blanco?
Vomiting?	Vomitos?
Vomiting blood?	Vomitos de sangre?
Liver disease?	Enfermedad del hígado?

GENITOURINARY HISTORY	HISTORIA DE GENITALES URINARIOS
Pain in urination?	Dolor al orinar?
Difficulty urinating?	Dificultad al orinar?
Blood in urine?	Sangre en la orina?
Frequent urination?	Orinar mucho o excesivamente?
Wake up during night to urinate two or more times?	Despertar dos o tres veces en la noche para orinar?
Kidney infection?	Infección de los riñones?
Bladder infection?	Infección de la vejiga?
Kidney or bladder stones?	Piedras en los riñones o en la vejiga?
NEUROLOGY HISTORY	**HISTORIA NEUROLOGIA**
Sharp shooting pains?	Dolores agudos?
Weakness in arms or legs?	Debilidad en los brazos y piernas?
Tremors?	Estremecimiento?
Numbness?	Entumecimiento?
Paralysis in arms or legs?	Paralisis de los brazos y piernas?
Convulsions?	Convulciones?
Frequent headaches?	Frequente dolores de cabeza?
EYE HISTORY	**HISTORIA DE LA VISTA**
Wearing glasses?	Uso de lentes?
Far sighted?	Presbyopia (ve a distancia)?
Near sighted?	Miope (ve a corta distancia)?
"Cross eyed"	Bisco?
Double vision?	Visión doble?
Blurred vision?	Visión borrada?
EAR HISTORY	**HOSTORIA DEL OIDO**
Hearing problems?	Problemas para oir?
Frequent ear infection?	Frequentes infecciones de los oidos?
Drainage from ears?	Le supuran los oidos?
NOSE HISTORY	**HISTORIA DE LA MARIZ**
Trouble breathing through nose?	Problemas al respirar por la nariz?
Growths in nose?	Tumores dentro la nariz?
MOUTH HISTORY	**HISTORIA DE LA BOCA**
Crooked teeth?	Dientes desnivelados?
Cavities?	Caries?
Missing teeth?	Faltan dientes?
Peeling tongue?	Lengua despellejada?
Discolored tongue?	Lengua descolorida?
THROAT HISTORY	**HISTORIA DE LA GARGANTA**
Trouble swallowing?	Dificultad al tragar?
Frequent sore throats?	Irritaciones frequentes de la garganta?
Tonsilitis?	Tonsilitis?

RESPIRATORY HISTORY	HISTORIA RESPIRATORIA
Trouble breathing?	Dificultad al respirar?
Wheezing?	Respiración asmatica?
Trouble breathing when lying flat?	Dificultad para respirar al estar acostado?
Shortness of breath more easily than others?	Falta de respiración?
Abnormal chest x-rays?	Rayos-x del pecho anormal?
Chronic cough?	Tos cronica?
Coughing up blood?	Escupe sangre?
Positive skin test?	Prueba de la piel anormal?
Cyanosis (blue color)?	Cyanosis (piel azul)?

CARDIOVASCULAR HISTORY	HISTORIA CARIOVASCULAR
Heart disease?	Enfermedades cardiaca?
Heart murmurs?	Murmullos de corazón?
Heart beats fast(no reason)?	Latido del corazón sin motivo?
Heart often skips beats?	Que el corazón seguido pierde un latido?
Hole in heart?	Agujero en el corazón?
Pain in chest?	Dolor en el pecho?
High blood pressure?	Alta presión?
Leg cramps when walking?	Calambres en las piernas al andar?
Abnormal electrocardiogram?	Electro-cardiograma anormal?
Circulation problems?	Problemas circulatorios?
Taking medication for heart problems?	Tomar medicina para el/los problemas del corazón?
If yes, specify	Si toma, especifique

ENDOCRINE HISTORY	HISTORIA ENDOCRINA
Any history of gland disease?	Historia de enfermedad de las glandulas?
Diabetes?	Diabetes?
Intolerance to cold?	Intolerancia al frio?
Intolerance to heat?	Intolerancia al calor?
Excessive appetite?	Apetito excesivo?
Tightening of fingers and toes?	Endurecimiento de los dedos y los pies?
Shorter stature than others his/her age and family?	Más baja estatura que otros de su misma edad o familia?
Excessive thirst?	Sed excesiva?
Excessive urination?	Orinar en excesivo?

ALLERGY HISTORY	HISTORIA DE ALERGIAS
Allergies to any medication? If yes, what is/are the medication(s)?	Alergia a algunas medicinas? A que medicinas es alergico?
Allergies to transfusions?	Alergia a transfuciones de sangre?
Hay fever?	Fiebre del heno?
Asthma?	Asma?
Eczema?	Eczema?
Allergies to food? If yes, what are the foods?	Alergia a algunas comidas? A que comidas es alergico?

SKIN HISTORY	HISTORIA DE LA PIEL
Scaly skin?	Piel escamosa?
Dry skin?	Resequedad de la piel?
Rashes?	Sarpullido?
If yes, describe rash?	Describa el sarpullido?

PRENATAL INTERVIEW

PRENATAL HISTORY	HISTORIA PRENATAL	Yes Si	No No	Unknown No se sabe
Previous pregnancies?	¿Ha estado embarazada anteriormente?			
Age of first pregnancy?_____	¿Edad del primer embarazo?_____			
Present age?_____	¿Edad de usted?_____			
Length of previous pregnancy _____ months?	¿Duración del embarazo anteriormente _____meses?			
Hemorrhaging during pregnancy?	¿Hemorragia durante el embarazo?			
X-rays during pregnancy?	¿Rayos-x durante el embarazo?			
Illness during pregnancy?	¿Enfermedad durante el embarazo?			
Diabetes during pregnancy?	¿Diabetes durante el embarazo?			
Infections during pregnancy?	¿Infecciones durante el embarazo?			
High blood pressure during pregnancy?	¿Alta pressión durante el embarazo?			
Cigarette smoking during pregnancy?	¿Fumo durante el embarazo?			
If yes, how many packs per day?_____	¿Cuántas cajetillas por día? _____			
Coffee drinking during pregnancy?	¿Tomo café durante el embarazo?			
If yes, how many cups per day?_____	¿Cuántas tazas por día? _____			
Alcohol drinking during pregnancy?	¿Tomo bebidas alcoholicas durante el embarazo?			
If yes, how much?_____	¿Cuál fue la dieta?_____			
Special diet during pregnancy?	¿Tovo dieta especial durante el embarazo?			
If yes, what kind of special diet?_____	¿Cuál fue la dieta?_____			
Medication during pregnancy?	¿Tuvo medicinas durante el embarazo?			
If yes, what kind?_____	¿Que clase?_____			
Aspirin during pregnancy?	¿Tomo aspirinas durante el embarazo?			
Vitamins during pregnancy?	¿Tomo vitaminas durante el embarazo?			
Iron during pregnancy?	¿Tomo hierro durante el embarazo?			
Sleeping pills during pregnancy?	¿Tomo pastillas para dormir durante el embarazo?			

INFANT QUESTIONNAIRE

INFANT'S BIRTH	NACIMIENTO DEL BEBE
Length of labor?	¿Duración del parto?
_____ hours	_____horas

*Infant's weight?*_____	¿Peso del infante?_____
*Infant's length?*_____	¿Cuanto midio el infante?_____
*Infant's head size?*_____	¿Tamaño de cabeza del infante?_____

NEONATAL	NEONATAL
Was infant blue?	¿Fue el infante azul?
Was infant yellow?	¿Fue el infante amarillo?
Was infant anemic?	¿Fue el infante anemico?
Did infant have heart murmur?	¿Tuvo el infante murmullo del corazón?
Did infant have special blood test?	¿Se le hicierón pruebas especiales de la sangre al infante?
*If yes, what were the tests?*_____	¿Cuáles fuerón las pruebas?_____
Did infant have x-rays?	¿Se le tomarón rayos-x al infante?
*If yes, what were x-rays of?*_____	¿De que fuerón los rayos-x?_____
*Did infant have special medications?*_____	¿Se le dierón medicinas especiales al infante?_____
Did infant have head injuries?	¿Sufrio el infante danos a la cabeza?
Did infant need oxygen?	¿Necesito oxigeno el infante?
Did infant go home with mother?	¿Se fue el infante a su casa con su madre?

CHILD'S INFECTIOUS DISEASES	ENFERMEDADES CONTAGIOSAS	*Yes* Si	*No* No	*Unknown* No se sabe
Measles (Rubeola)?	¿Sarampión (Rubiola)?			
German Measles (Rubella)?	¿Sarampión Aleman (Rubella)?			
Chicken Pox (Varicella)?	¿Viruelas?			
Mumps?	¿Paperas?			
Meningitis?	¿Meningitis?			
Pneumonia?	¿Pulmonía o pneumonia?			
Strep throats?	¿Infección de la garganta?			
Polio?	¿Poliomelitis?			
Tuberculosis?	¿Tuberculosis?			

CHILD'S DEVELOPMENT	(AGE)	DESARROLLO DEL INFANTE	(EDAD)
Smiling?	( )	¿Se sonrio?	( )
Holding up head?	( )	¿Levanto la cabeza?	( )
Slapping?	( )	¿Pego sus manos juntos?	( )
Putting things in mouth?	( )	¿Llevo cosas a la boca?	( )
Throwing?	( )	¿Avento cosas?	( )
Sitting?	( )	¿Se sento?	( )
Finding lost objects?	( )	¿Encontro objectos perdidos?	( )
Crawling?	( )	¿Gateo?	( )
Standing?	( )	¿Se paro?	( )
Building with blocks?	( )	¿Construyo con bloques?	( )
Walking (holding on)?	( )	¿Anduvo con sostenimiento?	( )
Walking (without support)?	( )	¿Anduvo sin sostenimiento?	( )
Talking?	( )	¿Hablo?	( )
Single words?	( )	¿Palabras singulares?	( )
Sentences?	( )	¿Frases?	( )

MEXICAN-AMERICANS

A. *Cultural Food Practices.*

Mexican-American food preparation and practices change slowly once they arrive in this country. Through the centuries certain methods of food preparation and ingredients have remained the same. Changes depend on the length of time lived in our community; the availability of certain native foods; the food money; and the changes in occupation and living conditions. For Mexican-Americans food is a form of life and death, expression of affection, or blessings shared.

B. *Staple Foods of Mexican-American Families on Low or Marginal Incomes.*

These are beans, rice and tortillas. In many homes beans are served several times each day. Beans are boiled first and eaten this way for breakfast. The leftover beans are fried for lunch and refried for the evening meal. Rice may be prepared in a hearty soup with vegetables and meat or dry with vegetables in which all the water has been steamed out and is similar to our fried rice and can also be served as rice pudding. Tortillas are eaten in the Mexican home. Bread is usually eaten away from home. Children will insist on bread for school lunches. Large families make their own corn tortillas from masa de harina (corn meal) or from wheat flour using masa de trigo or the brand name La Piña.

C. *Food Practices by Groupings.*

Discussion will be made on foods commonly eaten in the Basic Four Food Groups plus miscellaneous groups which includes; desserts, beverages, fats, seasonings and spices.

1. *Milk Group.*

Milk is not well liked and is not a common beverage in Mexico because of its scarcity and lack of refrigeration. Adults do not like our milk as it tastes "funny" to them. In Mexico they drink milk straight from the cow or goat and prefer to do without our type of milk. However, children will drink the milk purchased for them. Cheese is well liked. The Mexican native ranch style cheese resembles cottage cheese (panela). It is made from partially skimmed cow's or goat's milk, and sold in patties or wedges. When it is not available in the markets, Monterey Jack cheese is used, but they prefer to use their native cheese. Because cheese is well liked, it may be encouraged when milk intake is low. It is melted on top of many Mexican dishes. When coffee is drunk, it is taken from a large 8 ounce mug filled with half coffee and half evaporated milk with two tablespoons of sugar. Evaporated milk is well liked because the smallest can, can be stored without refrigeration.

2. *Meat Group and Substitutes for Meat.*

This is a very difficult food group on which to obtain accurate information. Cuts of meat are known only by sight and sometimes only the broad classification of whether the item is beef or pork is known. Pork, beef and chicken are the most common. Fish is eaten on Friday and during the Lenten season. Most of the beef raised in Mexico is sold in the United States. Because of limited supply of meat, organ meats such as: beef intestines, brains, hog's heads, kidney, liver, and tripe are eaten. Meats are usually chopped, boiled or fried with vegetables, rice or potatoes in a highly seasoned tomato and chili sauce to enhance the flavor.

Eggs. Are used as a breakfast food, they are usually eaten fried or raw. Raw eggs are considered as a superfood and the usual method of preparation is in an eggnog drink (ponche).

Beans. The most commonly used are the "pinto" beans which are sold in 100 pound bags and are packaged in two to five pound bags. Children are given mashed beans or bean soup after one year of age. The soup is thought to be high in nutrients.

3. *Vegetable and Fruit Group.*

Salads. The favorite salad is lettuce, tomatoes and green onions. It is topped with mayonnaise.

Cooked Vegetables. Most vegetables eaten are cooked, or in stews (guisados). The commonly used vegetables are: cabbage, carrots, cactus leaves, celery, chayote, green beans, hominy, onions, peas, potatoes, summer squash (zucchini), winter squash, and wild greens.

Raw Vegetables. Are limited to salads.

Chili. Are common in the diet and come in various forms and sizes. The method of preparation is in a sauce with fresh or stewed tomatoes, garlic, onions and salt. They may be chopped up as they are bought from the store or may be roasted on top of the stove directly on the flame, on top of the griddle or in a hot oven. They are constantly being turned as they begin to blister. When the skin is evenly blistered and puffed, the chiles are laid on a cloth and covered in a warm area to steam. The skins are peeled off, seeds and veins are removed by cutting into the chili or squeezing them out of the steam end. The chili is then ready to be used in various dishes or can be dried or preserved and pickled for future use when they cannot be bought fresh. The molcajete, a mortar either of burnished clay or stone, is used to ground chili and ingredients before mixing with other foods. When this is not available the ingredients are chopped very fine with a knife or crushed with an empty heavy glass jar or stone.

Fresh Fruit. Mexicans eat lots of fresh fruits and love bananas topped with sour cream. Their favorite juices are orange

juice, grapefruit juice and pineapple juice. It is unfortunate that orange juice is bought bottled or obtained from the milkman which triples the cost. Having the milkman make deliveries to their home is a status symbol, signifying that they are progressing economically. The cactus fruit called tuna, is eaten raw. In Mexico it is usually scattered around the countryside where it grows wild, and families go out to pick it.

4. *Bread and Cereal Group.*

Tortillas. Are used in a multitude of ways. For example, a taco is a tortilla wrapped around meat, beans, cheese, eggs and vegetables. Enchiladas are tortillas wrapped around cheese, sliced chicken or shredded meat, covered with a special sauce. Quesadillas are tortillas filled with cheese and fried or toasted on a grill. Corn tortillas are made for more festive occasions. They are prepared from kernels that have been heated, soaked overnight in lime water, washed, and ground into a course puttylike dough which is called "masa". After being pressed into shape by hand or machine, they are placed on top of a hot griddle to bake. Because the corn kernel is soaked in lime water it increases the calcium content appreciably. Five corn tortillas have approximately the same amount of calcium as one cup of milk. Corn tortillas can also be made from commercially prepared masa de harina by Quaker.
Flour tortillas are prepared by using wheat flour, water, and usually animal fat or shortening. They can also be made from commercially prepared masa de trigo by Quaker. They are pressed into shape by hand or machine and placed on top of a hot griddle to bake. The people from the northern states of Mexico use the flour tortillas, while the southern ones use the corn tortillas. When someone reports that they are eating five to six tortillas per meal, it is interesting to inquire whether they are using it as a spoon or biting off a portion with each mouthful. The previous is called the spoon of "Montezuma".

Breads. The type of bread that is eaten is a white crusty roll (Bolillo), which is liked by the Mexican-American as this is the type of bread available in Mexico. Made from enriched wheat flour, water, yeast and salt.

Pastas. Includes vermicelli, macaroni, noodles of many shapes and forms and spaghetti, which are prepared in a hearty soup with vegetables and stewed tomatoes or dry with stewed tomatoes and onions in which all the water has been steamed out.

Cereals. Cooked cereals most commonly used are rice cereal, oatmeal and cream of wheat. Cereal gruels are also prepared with cornstarch or cornmeal. Cornflakes is the most popular dry cereal.

MISCELLANEOUS

Desserts. Are becoming part of the Mexican meal. Few desserts are native to the culture, because the diet is high in fat which satisfies hunger. The desserts most commonly used are rice pudding (arroz con leche), bread pudding (capirotada), fritters (buñuelos or sopaipillas), and sweet rolls (pan de dulce).

Beverages. Coffee with large amounts of sugar. Tea, which is made from home grown herbs is preferred among women. Natural fruit drinks are very popular in Mexico, but some have added soda pop to their diets.

Fats. Pure lard is usually used in cooking. After residing in the United States they slowly make transition to using oil. Butter is well liked, but too expensive, so margarine is generally used. Mayonnaise is used as a salad dressing.

Seasonings and Sauces. Garlic is one of their favorite seasonings. It is also believed that garlic has a medicinal effect in killing germs. Dry chili is used as a seasoning or reconstituted to make sauces. Cinnamon is commonly used to flavor cooked fruit, breads or cereals and tea. It is used in the stick form. Other seasonings include: coriander (cilantro), cumin, lemon juice, mint, nutmeg, oregano and parsley.

Herbal teas. Are used because they are considered to have medicinal effects for stomach ache (colico), diarrhea, fever, menstrual cramps and during the period before initiation of breast feeding because it is believed by many mothers that "milk does not come down" until the third day. Some of these herbal teas are as follows: anise, cinnamon, lemon leaves, manzanilla, orange leaves and yerba buena (mint).

THE INFLUENCE OF MEXICAN-AMERICAN CULTURE ON HEALTH CARE

From the begining of the Spanish conquest of Mexico, the Catholic Church has played a significant role, sometimes detrimental in the development of Mexican culture and in the Mexican concept of health. Traditional Catholic doctrine dictates that which is ordained by God's divine will, and teaches that good health and happiness are given only to those who keep God's commandments and who show complete devotion to the church. An example of this almost prevalent belief in God given health is the "manda" or special vows of devotion to a particular saint or virgin. A manda may be a promise to pray or show some other form of devotion or sacrifice for a long period of time in exchange for a special favor, usually affecting one's health.

Curanderos. Before the Spanish conquest, Indian folk medicine had developed into a science. This science, later borrowing much from fifteenth and sixteenth century European medicine, is an

element of the Mexican culture and is known as "curanderismo". It is closely associated with the church though distant and separate, is the role of the curandero or folk-healer. Health is God-given and as healing derives mainly from God, the curandero relies heavily on religion doctrine's and religious artifacts such as crosses and pictures or saints. The objectives of the curandero is to determine whether a sick person has violated the commandments of God. The curandero acts very much as a priest in attempting to draw out the root of the problem by a process of confession. The curandero in a socially and culturally acceptable fashion attempts to reintegrate his patient back into the community. In this way curanderismo is a highly sophisticated means of social-cultural psycotherapy. As a community healer, he plays a dual role, since all of his medicine is designed to maintain the continuity of the society he lives in as far as a functioning whole, as well as to cure his patients of their physical ailments and illnesses.

THE HOT AND COLD FOOD THEORY

Many Hispanic dietary habits are related to food behavior resulting from old world folklore brought to Mexico with the Spanish Inquisition. The hot and cold food theory stems from Greek humoral pathology of old world belief that body temperature, whether induced by illness or natural phenomena, be treated by foods tempered to counteract the malady. A "hot" body state is treated by the feeding of cold foods. A "cold" body state, with hot foods. This theory even exist in North America, resulting from the vast migration of Hispanics to this area. In some locales, even the menstrual and pregnancy cycles are treated by certain food groups. While hot foods are avoided during pregnancy, cold foods are not eaten during the menstrual period. Note the list of "hot" and "cold" foods as described by Hispanics (see Table 1).

TABLE 1. FOODS DESIGNATED AS "VERY HOT" TO "VERY COLD" BY HISPANICS

FOOD GROUPS	VERY HOT	HOT	NEUTRAL	COLD	VERY COLD
MILK		Milk, goat		Milk, cow Milk, donkey	Milk, human
MEAT AND SUBSTITUTES FOR MEAT	Beans, white Cracklings	Beans, lima Capon Chickpeas Fish Pork Turkey	Beans, pinto Goat meat Sugar, white	Beans, red Beef Lamb Lentils Pig, male Rabbit	Chicken
FRUITS AND VEGETABLES	Chiles, green red	Onions Potato, Irish Potato, Sweet		Beans, green Beets Cabbage Cauliflower Parsley Peas Pumpkin Radishes Squash Turnips	Cucumber Limes Orange Pickles Spinach Tomatoes
BREADS AND CEREALS		Barley Bread, wheat Rice Tortilla, wheat Wheat		Oatmeal Tortilla, corn Vermicelli	
MISCELLANEOUS SEASONINGS AND SPICES	Garlic	Chocolate Cinnamon Coffee Leaves, lemon lime, orange Salt			
DESSERTS		Honey Sugar, white Sweet rolls			
FAT					Mutton

PUERTO RICAN-AMERICANS

A. *Cultural Food Practices.*

Puerto Rican food preparation and practices are influenced by local availability of ingredients and the attraction of alternative food items.

B. *Staple Foods of Puerto Rican-American Families on Low or Marginal Incomes.*

These are rice, beans (habichuelas) especially kidney beans, viandas (a group of starchy root vegetables), and lard. In most homes food is prepared in traditional matter. They do not accept substitute methods of preparation.

C. *Food Practices by Groupings.*

Discussion will be made on foods commonly eaten in the Basic Four Food Groups plus miscellaneous groups which includes; desserts, beverages, fats, seasonings and spices.

1. *Milk Group.*

Milk is a regular item in Puerto Rican meals. Milk is used to make coffee. Strong coffee brew is added to one cup of hot milk. This combination of coffee brew with hot milk is called café con leche, and it is given to children for breakfast. The forms of milk most frequently used are fresh, evaporated or dried. Cheeses are well liked. The kinds most frequently used are: American, cheddar, Edem and Parmesan.

2. *Meat Group and Substitues for Meat.*

Chicken is well liked among all income groups. Pork and other meats are also favored but are used sparingly because of high cost.

Eggs. Eggs are used by all income groups and are frequently produced at home.

Fish. The most popular kind of fish is bacalao, which is dry salted codfish. It doesn't need to be refrigerated because it is cured in salt. It should be avoided if the patient is on a sodium-restricted diet.

Legumes. The type of legumes most frequently used are red kidney beans, garbanzos (chick peas), navy beans, black-eyed peas. They are prepared by boiling in water or cooked with rice.

3. *Vegetable and Fruit Group.*

Viandas. Viandas are a group of starchy vegetables which are frequently used before they ripe. There are approximately fifteen different kinds of viandas, which are as follows:

arracacha (apio)
breadfruit (panapen)
cassava (yaca)
deep yellow sweet potato (batata mameya)
dasheen (malanga)
potato (papa)
ripe plantain (platano maduro)
unripe banana (guineo verde)
unriped plantain (plátano verde)
white sweet potato (batata blanca)
white tanier (yautía blanca)
white yam (ñame blanco)
yam (ñame)
yellow sweet potato (batata amarilla)
yellow tanier (yautía amarilla)

They are accompanied with avocados, beef, chicken, codfish, hard boiled eggs and onions. Viandas are usually imported into this country and are expensive.

Other vegetables. Other vegetables that are eaten and are available in this country are artichokes, broccoli, cabbage, chayote, corn (whole kernel), cucumbers, eggplant, green beans, greens, lettuce, lima beans, onions, peppers (red and green), pimento, potato, pumpkin, radish, spinach, squash (summer and winter) and sweet potatoes.

Sofrito. This is a sauce made by sauteing diced tomatoes, peppers, onion, garlic, coriander (cilantro), anato seeds and spices. This combination is fried in lard. Pieces of fried pork or fried pork sausage are added. This sauce is prepared in large quantities and stored in the refrigerator.

Fruit. The most common eaten in this country are bananas, grapefruit, guava, lemon, lime, mango, orange, papaya, pineapple, raisins, rasberries and tangerine. Canned and frozen juices are consumed in large amounts once they have come to this country.

4. *Bread and Cereal Group.*

Rice. Rice is eaten for lunch and dinner, The traditional method of preparation is white rice (arroz blanco). It is boiled in lard, vegetable shortening or vegetable oil. In Puerto Rico it is enriched with the same nutrients as it is in the United States. It is frequently eaten with chicken, codfish, legumes, beef, fried pork or fried pork sausage.

Wheat Products. Wheat products are eaten in the form of bread, crackers and pastas (macaroni, noodles, spaghetti or vermicelli). The diet also composed of a variety of hearty soups which are prepared mainly with rice and pastas.

Cereals. Cereals most frequently eaten are cornmeal, cream of rice and oatmeal. They are always prepared with milk and seasoned with cinnamon and sugar. Cornflakes is the most popular dry cereal.

MISCELLANEOUS

Desserts. Few desserts are native to the culture because of the high fat and carbohydrate content of the diet. Favorite typical desserts are fruit preserves prepared in paste form. Rice pudding is cooked in milk or coconut milk. Sugar is used to sweeten beverages.

Beverages. Coffee with large amounts of sugar. Tea, which is made from home grown herbs is preferred among women. It is thought to have medicinal effects. Malta is a drink prepared with caramel, malt extract and sugar. Natural fruit juices, drinks, Italian slush or ice are very popular. Frequently soda pop is substituted for these beverages.

Fats. Consisting mostly of lard, margarine, olive oil, vegetable oil, and vegetable shortening.

Seasonings and Sauces. Foods are distinctively and highly spiced. Native spices which are used in this country include: albaranilla (related to onion), anise, annato, bay leaf, cayenne, chocolate, coriander (cilantro), cinnamon, cloves, garlic, ginger, lemon and lime juice, marjoram, mint, nutmeg, oregano, paprika, parsley, pepper, pimento, rum, vanilla, vinegar and watercress. Sofrito which has already been discussed under vegetables is used as a base to give flavor to a variety of foods.

CUBAN-AMERICANS

A. *Cultural Food Practices*.

Cuban food preparation and practices are influenced by local availability of ingredients and the attraction of alternative food items. It is similar to the Puerto Rican's diet because the foods they consume are derived from three cultures: Native Indian Caribs, Negro and Spanish.

B. *Staple Foods of Cuban-American Families on Low or Marginal Incomes.*

These are rice, beans (habichuelas) especially black beans, viandas (a group of starchy root vegetables), and lard. In most homes food is prepared in traditional matter. They do not accept substitute methods of preparation. Food preparation and practices change slowly once they have arrived this country.

C. *Food Practices by Groupings.*

Discussion will be made on foods commonly eaten in the Basic Four Food Groups plus miscellaneous groups which includes; desserts, beverages, fats, seasonings and spices.

1. *Milk Group.*

   Similar to the Puerto-Rican diet.

2. *Meat Group and Substitutes for Meat.*

   Similar to the Puerto Rican diet. However, Cubans eat black beans more frequently than red kidney beans. Black beans are cooked with rice. This combination is called "gri".

3. *Vegetable and Fruit Group.*

   Similar to the Puerto Rican diet. However, Cubans eat many sweets made from fruits and viandas. A very popular and well-liked candy made from coconut is called "paneletas", and is used as a snack between meals.

4. *Bread and Cereal Group.*

   Similar to the Puerto Rican diet. However, Cubans prepare a special cracker which is eaten for breakfast. Wheat products are not enriched in Cuba.

MISCELLANEOUS

Desserts. Similar to the Puerto Rican diet. Many sweets are made from viandas and fruits, example; coconut.

Beverages. Similar to the Puerto Rican diet. Which includes coffee, fruit drinks and juices, chocolate and soft drinks.

Fats. Similar to the Puerto Rican diet.

Seasonings and Sauces. Similar to the Puerto Rican and Mexican-American diet.

TYPICAL MEAL PATTERN OF PUERTO RICANS AND CUBANS

PUERTO RICAN MENU

LOW INCOME		MIDDLE INCOME
	BREAKFAST	
Café con leche (half coffee, half milk with sugar added).		Same.
Bread and saltines.		Same. Margarine. Egg, or cereal with milk.
Cocoa for children.		Same.
	LUNCH	
Viandas, (plateful) such as malanga or plantain.		Rice, white. Beans, red kidney.
Codfish, dried and salted (bacalao) or fried pork sausage.		Meat.
Rice and beans are eaten when viandas are scarce.		Vegetable, cooked.
Milk.		Milk.
	DINNER	
Rice, white.		Rice, white.
Red kidney beans cooked in sofrito.		Same.
Viandas.		Same.
Salad prepared with canned mixed vegetables, lettuce, vinegar and oil salad dressing.		Same.
Coffee.		Same. Dessert.

SNACK:

Fruits; fruit preserves, such as guava in paste form; native drinks; malta, black coffee, soft drinks, fruit drinks and juices.

CUBAN MENU

LOW INCOME	BREAKFAST	MIDDLE INCOME
Café con leche (half coffee, half milk with sugar added).		Same.
Bread or Cuban crackers.		Same.
		Egg, or cereal with milk.
	LUNCH	
Arroz con gri (rice cooked with black beans).		Same.
Fried pieces of pork or fried pork sausage.		Fried pieces of beef, fried pork or fried pork sausage.
Viandas, such as plantain.		Same.
Flan, similar to egg custard.		Same.
Coffee.		Same.
	DINNER	
Arroz con gri (rice cooked with black beans).		Same.
Fried pieces of pork or fried pork sausage.		Sliced chicken, fried pieces of pork or fried pork sausage.
Viandas.		Same.
Coffee.		Coffee.

SNACKS:

Similar to Puerto Rican's. Sweets made from fruits, especially coconut.

COMMON DESCRIPTION AND CLASSIFICATION OF MEXICAN MIXED DISHES:

SOUPS (CALDOS)

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
caldo de albondigas (Meat ball soup)	Made with meat, onion, seasonings, cornmeal, rice or bread crumbs, and eggs are combined. It's mixed by hand until everything is incorporated. Made into meat balls and dropped into soup base.	Beef, eggs, bread crumbs, cornmeal or rice.	Meat: Count as 1 serving if 3-4 meat balls are eaten. Bread or cereal: Count as 1 serving if 3-4 meat balls are eaten.
caldo de arroz arroz con pollo (Chicken rice soup)	Made with chicken, rice, tomatoes, onions, seasonings, diced carrots and celery are cooked. Other vegetables may be added.	Chicken and rice.	Meat: Count as 1 serving if 1/4 cup of chicken is eaten. Cereal: Count as 1 serving if 1/2 cup of rice is eaten. Vegetables: Count as 1 serving if 1/2 cup of vegetables are eaten. Ask if dark orange or dark green vegetables are used for vitamin A.
menudo (Tripe soup)	Made with tripe and hominy. Calves or pigs feet may be added. May be seasoned with chopped onions, oregano, lemon juice or chili sauce.	Tripe, calves or pigs feet and hominy.	Meat: Count as 1 serving if 1/4 cup of tripe or meat from calves or pigs feet are eaten. Cereal: Count as 1 serving if 1/2 cup of hominy is eaten.
sopa de chícharo (Green pea soup)	Made with pureed green peas, chicken or beef stock, onions and garlic.	Cooked peas.	Vegetables: Count as 1 serving if 1/2 cup of vegetables are eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
sopa de cabeza de pescado (Fish head chowder)	Made with fresh fish heads and fish meat. Seasoned with whole pepper corns, bay leaves, thyme, mejoram, tomatoes and onions.	Fish	Meat: Count as 1 serving if 1/4 cup of fish is eaten. Vegetables: Negligible.
sopa de papa (Potato soup)	Made with fresh diced potatoes, add tomato, onions, garlic, chicken broth and pepper. Cook. Monterey Jack or American cheese may be grated and sprinkled on top.	Potatoes and cheese.	Vegetables: Count as 1 serving of other if 1/2 cup of vegetables are eaten. Milk: Count as 1/2 serving if 3/4 cup of soup is eaten when cheese is added.
caldo de frijoles (Bean soup)	Made with dried pinto or black beans. May be seasoned with ham shank or fried bacon. Beans may be mashed to make a thick soup.	Dried beans.	Meat: Count as 1 serving if 1 cup of beans are eaten.
sopa de lentejas (Lentil soup)	Made with dry lentils, fried bacon, tomato sauce, chicken or beef broth and onions.	Dried lentils.	Meat: Count as 1 serving if 1 cup of lentils are eaten.
cocido (Beef stew)	Made with soup bones, bone marrow or beef ribs and fresh vegetables in season like potatoes, celery, carrots, cabbage, spinach leaves, corn on the cob, green beans, stewed or fresh tomatoes, zucchini, onions and garlic.	Beef and vegetables.	Meat: Count as 1 serving if 1/4 of a cup of meat is eaten. Vegetables: Count as 1 serving if 1/2 of vegetables are eaten. Ask if dark orange or dark green vegetables are eaten for vitamin A.

RICE AND PASTAS (SOPAS) OR DRY SOUP

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
sopa de arroz (Mexican style rice)	Made with raw rice and sauteed in oil until brown. Add garlic, onions, chopped tomatoes and continue to fry. Add water and simmer until done. Can be prepared with vegetables, meat or eggs.	Rice.	Cereal: Count as 1 serving if 1/2 cup of rice is eaten.
arroz con pollo (Rice with chicken)	Made with raw rice and sauteed in oil until brown. Add garlic, onions, chopped tomatoes and continue to fry. Add water and chicken, simmer until done. Can be prepared with added vegetables, shrimp, meat or eggs.	Rice and chicken.	Meat: Count as 1 serving if 1/4 cup of meat is eaten. Cereal: Count as 1 serving if 1/2 cup of rice is eaten.
sopa de fideo (Spaghetti soup)	Same method of prepareation as sopa de arroz, but made with vermicelli instead of rice.	Vermicelli. (thin spaghetti)	Cereal: Count as 1 serving if 1/2 cup of vermicelli is eaten.
sopa de macarrón (Dry macaroni soup)	Same method of preparation as sopa de arroz, but made with macaroni, shell macaroni or noodles. Grated ranch style cheese, American cheese or Monterey Jack cheese may be added.	Macaroni and cheese	Cereal: Count as 1 serving if 1/2 cup of rice is eaten. Milk: Count as 1 serving if 1 1/3 oz. of cheese is eaten.

MEAT AND MEAT SUBSTITUTE DISHES

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
caldo de albondigas (Meat ball soup)	SEE SECTION COMMON SOUPS FOR DETAILS.		
cocido (Beef stew)	SEE SECTION COMMON SOUPS FOR DETAILS.		
arroz con pollo (Rice with chicken)	SEE SECTION COMMON RICE AND PASTAS.		
chorizo (Mexican sausage)	Made with ground pork or beef. Salt, chili powder, garlic and vinegar are added.	Ground pork or beef and chili powder.	Meat: Count as 1 serving if 1/4 cup of meat is eaten.
carne de puerco con chile verde (Pork with green chili sauce)	Made with lean pork cut into cubes, water, garlic, salt, pepper, onion, cilantro, tomato puree and green chiles (peeled and minced).	Pork and chili	Meat: Count as 1 serving if 1/4 cup of meat is eaten. Vegetables: Count as 1 serving for vitamin C if 1/4 cup chili is eaten.
pozole (Pork with hominy)	Made with pig's head, cubed boneless pork loin, hominy, pig's feet (cooked and boned), chili powder, salt and garlic.	Pork and hominy.	Meat: Count as 1 serving if 1/4 cup meat is eaten. Vegetables: Count as 1 serving is 1/2 of hominy is eaten.
barbacoa estilo Mexicano (Barbecue Mexican style)	Made with beef, goat or lamb, bell peppers, garlic, chili powder, cloves, thyme, majoram, cumin, cinnamon, pepper, bay leaves and oregano. Meat and seasonings are wrapped in cloth or leaves. Cooked in coals in a covered pit.	Beef, goat or lamb.	Meat: Count as 1 serving if 1/4 cup of meat is eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
carne con chile colorado (Azteca) (Beef in red chili sauce, Aztec style)	Made with beef (cut into cubes), red chili, garlic, oregano, beef stock, flour, oil, and cumin. All seasonings and chili are blended.	Beef and red chili.	Meat: Count as 1 serving if 1/4 cup of beef is eaten. Vegetables: Count as 1 serving of vitamin C if 1/2 chiles is eaten.
albondigón a la Mexicana (Mexican meat loaf)	Made with ground beef, ground pork, Mexican sausage, bread crumbs, onions, eggs, tomatoes, tomato juice and red chili sauce.	Beef and pork.	Meat: Count as 1 serving if 1/4 cup of meat is eaten.
picadillo (Beef hash)	Made with shredded or ground beef, onions, garlic, tomatoes, raisins, vinegar, cloves and cumin. Can be prepared with potatoes or other vegetables. Red or green chili sauce is added.	Beef, tomatoes and potatoes.	Meat: Count as 1 serving if 1/4 cup of meat is eaten. Vegetables: Count as 1 serving if 1/2 cup of vegetables is eaten.
carne adobada (Marinated and dried meat)	Made with thin sheets of pork or beef marinated in vinegar, chili pulp, seasoned and dried. Can be baked or fried.	Beef or pork.	Meat: Count as 1 serving if 1/4 cup of meat is eaten.
barbacoa de cabeza (Mexican style barbecue head)	Made with hog's head or goat's head. Washed and boiled until tender, drained. Head is cracked open and put into an oven to bake. May be cooked in coals in a covered pit.	Hog's or goat's brain and eyes.	Meat: Count as 1 serving if 1/4 cup of meat is eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
huachinango (Red snapper Veracruz style)	Made with red snapper, olive oil, tomatoes, green pepper, bay leaves, flour and olives. Baked in the oven.	Red snapper.	Meat: Count as 1 serving if 1/4 cup of red snapper is eaten.
bacalao en salsa verde (Codfish in green sauce)	Made with dried codfish, vinegar, onion, garlic, fish broth, parsley and peanut oil. Green chili sauce is added.	Codfish.	Meat: Count as 1 serving if 1/4 cup of codfish is eaten.
camarones con huevo (Shrimp with egg) or torta de camarones (Shrimp omelet)	Made with eggs, dried shrimp which comes in small cellophane packages. It's added to beaten eggs and cooked in dollar size omelets. Can be prepared with cactus and smothered in chili sauce. Served during Lenten season.	Egg, dried shrimp, chili sauce and cactus.	Meat: Count as 1 serving if 1 to 2 oz. omelet is eaten. Vegetable: Count as 1 serving of vitamin C if 1/2 cup of chili sauce is eaten.
carnitas (Fried pork or beef)	Usually made with fried pork scraps. Scraps are purchased prefried. Served with tortillas, chili and guacamole sauce.	Pork or beef.	Meat: Count as 1 serving if 1/4 cup of pork or beef is eaten.
chicharrones (Pork rind)	Fried pork rind. Served with torillas and chili sauce if eaten right after preparation before dried. Can be dried and made soft by boiling in red or green chili sauce.	Pork rind and green chili sauce.	Meat: Do not count Vegetable: Count as 1 serving of vitamin C if 1/2 cup of chili sauce is eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
guisado ranchero (Stew ranch style)	Made with lean beef or pork cubed, oil, onions chopped, garlic chopped, tomato puree, vinegar, bay leaves, oregano, carrots cut into chunks and potatoes cut quartered. Beef or pork is cooked with seasoning, until meat is tender. Carrots and potatoes are added about 1/2 hour before meat is done.	Beef or pork, carrots and potatoes.	Meat: Count as 1 serving if 1/4 cup of meat is eaten. Vegetables: Count as 1 serving of vitamin A if 1/2 cup of carrots are eaten. Count as 1 serving of other vegetables if 1/2 cup of potatoes is eaten.
tamales de cazuela (Tamale casserole)	Made with cooked and shredded meat, skinned tomatoes, lard or shortening, cloves, dried green and red peppers, ground cinnamon, chocolate bar and soup stock. Topped with masa de harina. Baked until brown on top.	Beef or pork and masa de harina.	Meat: Count as 1 serving if 1/4 cup of meat is eaten. Cereal: Count as 1 serving if 1/2 cup of masa de harina is eaten.
tamales de picadillo (Tamale with chopped meat)	Made with cooked ground or shredded beef or pork, masa de harina, garlic ground or chopped, chili powder, shortning or lard, soup stock, baking powder and corn leaves. Corn leaves are soaked for several hours until soft. Remove and drain. A thick layer of masa de harina is spread on the leaves. This is topped with tablespoon of filling and spread on top of the masa de harina and rolled over to form tamale shape. It is placed bottom of 1/4 inch thick pan. bottom of pan is covered with	Beef or pork and masa de harina.	Meat: Count as 1 serving if 1/4 of meat is eaten. Cereal: Count as one serving per tamale.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
(Tamale with chopped meat, continue)	corn leaves. Water or soup stock is added, covered and cooked.		
pollo o pavo en mole (Chicken or turkey cooked country style)	Made with cooked chicken or turkey (deboned). A special sauce is prepared with ground chiles, peanuts, cloves, cinnamon, pepper, garlic chopped and cocoa. These ingredients are fried in lard for five minutes. Gradually stirring constantly, chicken stock and the pieces of chicken are added and simmered for 1/2 hour. The chili sauce can be purchased dry which comes wrapped up in cellophane paper.	Chicken or turkey.	Meat: Count as 1 serving if 1/4 cup of chicken or turkey is eaten.
guisado de lengua (Tongue stew)	Made with boiled tongue. Stewed tomatoes or chili sauce is prepared with bay leaves, onions, garlic and salt. Chopped cooked tongue is added to the stewed tomatoes or chili sauce and simmered.	Tongue, chili sauce and stewed tomatoes.	Meat: Count as 1 serving if 1/4 cup of tongue is eaten. Vegetable: Count as 1 serving of vitamin C if 1/2 cup of tomato sauce is eaten.
sesos con huevo (Brains with eggs)	Brains are washed and membranes removed. Placed in enough water to cover, add garlic, salt, pepper and spices. Brought to a boil and simmered, and then drained. Brains are chopped and sauteed with onions, garlic, chili and tomatoes, cooked. Beaten eggs are added.	Brains and eggs.	Meat: Count as 1 serving if 1/4 cup of brains with eggs is eaten.

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FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
tripas de leche (Beef tripe)	Tripe is cooked in salted water and then drained. They are sauteed with onion and garlic in oil, tomato sauce, bay leaves, oregano, tabasco sauce, salt and pepper. This is cooked until tripe is tender.	Tripe.	Meat: Count as 1 serving if 1/4 cup of beef tripes is eaten. Vegetables: Negligible.
lengua empanizada (Tongue in egg batter)	Tongue is boiled, then dried. Sprinkle tongue with flour. Beaten egg yolks are folded in egg whites. Dip floured tongue in egg mixture. Fry in hot oil, serve immediately.	Tongue and eggs.	Meat: Count as 1 serving if 2 to 3 oz. portion of tongue in egg batter is eaten.
hígado frito (Fried liver)	Fried liver. Sliced onions are added and sauteed.	Liver and onions.	Meat: Count as 1 serving if 2 to 3 oz. portion of liver is eaten.
frijoles de la olla (Boiled beans)	Boil beans in water and cook until tender.	Pinto beans.	Meat: Count as 1 serving if 1 cup of beans are eaten.
frijoles refritos (Refried beans)	Boil beans in water and cook until tender; drain, saving fluid. Heat pork rind, lard or oil until hot. Add beans and juice, mashing them while cooking.	Pinto beans, lard, oil or pork rind.	Meat: Count as 1 serving if 1 cup of beans are eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
lentejas con fruita (Lentils with fruit)	Boil lentils in water until tender. Onions, garlic, tomato sauce are added and cooked for 5 minutes. Chunks of fruit are then added.	Lentils and fruit.	Meat: Count as 1 serving if 1 cup of lentils are eaten. Fruit: Count as 1 serving if 1/2 cup fruit is eaten
puré de garbanzo (Chickpea soup)	Boil garbanzos in water, onions, garlic, salt and pepper.	Garbanzos.	Meat: Count as 1 serving if 1 cup of garbanzos are eaten.
puré de legumbres (Vegetable soup)	Pureed navy beans, onions, tomatoes, cornstarch, spinach, or greens, salt and pepper.	Navy beans and greens.	Meat: Count as 1 serving if 1 cup beans are eaten. Vegetable: Count as 1 serving of vitamin A if 1/2 cup of spinach or greens are eaten.
huevos con migas o sopa de chile (Omelet with tortilla chips)	Tomatoes, chili and onions are put through a grinder. Tortillas are fried in lard or oil until crisp and removed from the fat. Eggs are scrambled lightly and crisp tortillas are placed in scrambled eggs. Tomato mixture is kept hot and poured over eggs.	Eggs, tortillas and tomatoes.	Meat: Count as 1 serving if 2 eggs are eaten. Bread: Count as 1 serving if 1 tortilla is eaten. Vegetables: Count as vitamin C source if 1/2 cup of tomato mixture is used.
huevos rancheros (Ranch style eggs)	Tortillas are fried in lard or oil and removed quickly from fat so that they don't become crisp. Onion, garlic, chili and tomatoes are sauteed and cooked for 5 minutes. Eggs are poached in tomato sauce. Each egg is placed on top of a tortilla, tomato sauce is poured on top and served.	Eggs, tortillas and tomatoes.	Meat: Count as 1 serving if 2 eggs are eaten. Bread: Count as 1 serving if 1 tortilla is eaten. Vegetable: Count as vitamin C source if 1/2 of tomato mixture is used.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
tortas de camarones	SEE SECTION COMMON MEAT DISHES FOR DETAILS.		
tortas de huevo (Egg omelet)	Egg omelet. It's often served with chili or tomato sauce, prepared with onions, garlic, salt and pepper. Cheese is often folded into the omelet.	Eggs, chili or tomato sauce and cheese, ranch style or Monterey Jack.	Meat: Count as 1 serving if 2 eggs are used. Vegetables: Count as vitamin C source is 1/2 cup of chili or tomato sauce is eaten. Milk: Count as 1 serving if 1 1/3 oz. of cheese are eaten.
quesadillas (Grilled cheese tortilla)	A type of grilled cheese sandwich. Tortillas are filled sandwich style, fastened with tooth picks and grilled or fried in lard or oil.	Cheese, cheddar or Monterey Jack and tortillas.	Milk: Count as 1 serving if 1 1/3 oz. of cheese are eaten. Bread: Count as one serving if 1 tortilla is used.

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MEXICAN WHIMIES (ANTOJITOS MEXICANOS)

enchiladas	These are soft fried tortillas dipped in chili sauce and wrapped around sliced, shredded or ground meat, cheese, legumes or vegetables. Topped with additional chili sauce and grated cheese. Baked in moderate oven until cheese melts.	Tortillas, meat and/or cheese, cheddar or Monterey Jack.	Bread: Count as one serving if 1 tortilla is used. Meat: Count as 1 serving if 1/4 cup meat is eaten. Milk: Count as 1 serving if 1 1/3 oz. of cheese is eaten.
tamales (Tamales)	SEE SECTION COMMON MEATS FOR DETAILS.		

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
tacos	These are tortillas wrapped around sliced, ground or shredded meat, cheese, legumes or vegetables. Fried in hot lard or oil on both sides until crisp. Topped with shredded lettuce, chopped tomatoes and grated cheese. Served hot.	Tortillas, meat, cheese, cheedar or Monterey Jack.	Bread: Count as 1 serving if 1 tortilla is used. Meat: Count as 1 serving of 1/4 cup meat is eaten. Milk: Count as 1 serving if 1 1/3 oz. of cheese are eaten. Vegetables: Count as 1 serving of other if 1/2 vegetables is eaten.
burritos	These are made from wheat tortillas rolled around sliced, ground or shedded meat, grated cheese, refried beans or leftovers and chili sauce. Can be topped with additional chili sauce and grated cheese.	Tortillas, meat, refried beans, cheese, cheddar or Monterey Jack and vegetables.	Bread: Count as 1 serving if 1 tortilla is used. Meat: Count as 1 serving if 1/4 cup of meat is used. Count as 1 serving if 1 cup of beans are used. Milk: Count as 1 serving if 1 1/3 oz. of cheese are used. Vegetables: Count as 1 serving of vitamin C source if 1/2 cup of fresh chili sauce is used.
taquitos	These are small corn tortillas rolled around sliced, ground or shredded meat and deep fat fried. Topped with sour cream and guacamole sauce.	Tortillas, meat, cheese, cheddar or Monterey Jack and avocado.	Bread: Count as 1 serving if 1 tortilla is used. Meat: Count as 1 serving of other if 2 taquitos are eaten. Vegetable: Count as 1 serving if 2 taquitos are eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
tostadas (Toasted tortillas)	These are corn tortillas that are fried until golden brown. Topped with a layer of refried beans, meat, shredded lettuce, chopped tomatoes and finally grated cheese. Sour cream and guacamole sauce are optional.	Tortillas, meat, cheese, cheddar or Monterey Jack, lettuce and tomatoes.	Bread: Count as 1 serving if 1 tortilla is used. Meat: Count as 1 serving if 1/4 cup of meat or 1 cup of beans are used. Milk: Count as 1 serving if 1 1/3 oz. of cheese are used. Vegetable: Count as 1 serving per tostada.
empanadas (Turnovers)	These are turnovers filled with chopped meat, hard cooked eggs, mushrooms and cooked vegetables. Deep fat fried until golden brown. Served hot.	Flour, meat, eggs and vegetables.	Cereal: Count as 1 serving if 1 turnover is eaten. Meat: Count as 1 serving if 1/4 cup of meat or 2 eggs are used. Vegetables: Count as 1 serving of others per empanada.

BREAKFAST BEVERAGES

atole (Gruel)	Gruel made by mixing masa de maíz or oatmeal and whole cinnamon with sugar and milk. It is boiled until it thickens.	Oatmeal or masa de maíz.	Cereal: Count as 1 serving if 1 cup of gruel is eaten. Milk: Count as 1 serving if 1 cup of gruel is eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
champurado (Flavored gruel)	Gruel made by mixing masa de maíz or cornstarch and whole cinnamon with sugar and milk. It is flavored with chocolate or fruit. Boil until it thickens.	Masa de maíz or cornstarch and milk.	Cereal: Count as 1 serving if 1 cup of gruel is eaten. Milk: Count as 1 serving if 1 cup of gruel is eaten.
atole de pinole (Toasted corn gruel)	Gruel made from a mixture of ground toasted corn, sugar and cinnamon. Boil until it thickens.	Ground corn and milk.	Cereal: Count as 1 serving if 1 cup of gruel is eaten. Milk: Count as 1 serving if 1 cup of gruel is eaten.
café con leche (Coffee with milk)	Coffee prepared with half whole or evaporated milk and half water. Sugar is added.	Milk and coffee.	Milk: Count as 1 serving if 1/2 cup of evaporated milk is used.
chocolate con leche (Chocolate with milk)	Made from a mixture of ground chocolate, sugar, cinnamon and spices. Formed into a cake and sold presweentened. Preformed chocolate cake is broken up into small pieces and dissolved.	Milk, chocolate, sugar, cinnamon, and spices.	Milk: Count as 1 serving if 1/2 cup of evaporated milk or 1 cup of milk is used.

BREADS AND CEREALS

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
tortilla de maíz (corn tortilla)	Mexican bread made from masa de maíz. It is divided into small balls; than rolled into one-eight inch thickness and cooked on a griddle.	Masa de maíz.	Bread: Count as 1 serving if 6" diam. corn tortilla is eaten.
tortilla de harina (Flour tortilla)	Mexican bread made from wheat flour or masa de harina. Flour and salt are sifted together; lard or vegetable shortening and water are blended to make a stiff dough; knead on lightly floured board; divided into small balls than rolled to 1/8 inch thickness and cooked on griddle.	Wheat flour or masa de harina.	Bread: Count as 1 serving if 6" diam. wheat tortilla is eaten.
bolillo (French roll)	Similar to French roll.		Bread: Count as 1 serving if 1 small bolillo is eaten.

VEGETABLES

calabacitas a la Mexicana (Mexican summer squash)	This is prepared with summer squash (zucchini), lean pork, potatoes, corn, onions, garlic, bellpepper, salt and pepper. Can be topped with chili sauce and grated cheese.	Pork and summer squash (zucchini)	Meat: Count as 1 serving if 1/4 cup of lean pork is eaten. Vegetables: Count as 1 serving if 1/2 of vegetables are eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
chile con queso (Chili with cheese)	Prepared with green chili peppers, Monterey Jack cheese, tomatoes, onions and butter. Chopped chiles are sauteed in butter. Topped with grated cheese. Often served with refried beans and tortillas.	Green chili peppers and Monterey Jack cheese.	Vegetables: Count as a good source of vitamin C if 1/2 cup of chili is eaten. Milk: Count as 1 serving of milk if 1 1/3 oz. of cheese are eaten.
chiles rellenos (Stuffed green chiles)	Green chili peppers are stuffed with Monterey Jack Cheese, hard boiled eggs or meat. Dipped in flour and egg batter, fried until golden brown on both sides. Tomato sauce is often poured on top and heated until sauce comes to a boil.	Green chili peppers and Monterey Jack cheese.	Vegetables: Count as a good source of vitamin C if 1/2 cup of chili is eaten. Milk: Count as one serving of milk of 1 1/3 oz. of cheese are eaten.
chayotes rellenos (Stuffed chayotes)	Chayotes are cut in half, seeds are removed and cooked in salted boiling water. The pulp is scraped from the chayote. Chayote shells are stuffed with mixture of pulp, sauteed onion, bread crumbs, canned milk, salt and pepper. They are covered with bread crumbs and broiled until top is brown.	Chayotes	Vegetable: Count as 1 serving if 1/2 cup or 1/2 of chayote is eaten.
nopalitos rellenos (Cactus sandwiches)	These are little leaves of prickley pear cactus, stickers are removed. Leaves are then boiled in salted water and 1 chopped onion. Cook until tender. Remove from water and dried. Sliced Monterey Jack cheese is placed between two nopalitos.	Cactus and Monterey Jack cheese.	Vegetable: Count as 1 serving if 1 nopalito is eaten. Milk: Count as 1 serving if 1 1/3 oz. of cheese are eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
(Cactus sandwiches, continue)	They are dipped in flour and egg batter; fried until golden brown on both sides. Tomato sauce is often poured on top and heated until sauce comes to a boil.		

SALADS AND SAUCES (ENSALADAS Y SALSAS)

salsa Azteca, salsa ranchera o salsa Mexicana (Mexican chili sauce)	Made with green chili peppers, tomatoes, onion, garlic and fresh coriander. Vinegar, salt and oil are added to taste.	Green chili peppers and tomatoes.	Vegetable: Count as 1 serving of vitamin C if 1/4 cup of chili sauce is eaten.
ensalada de cebollitas (Green onion salad)	Made with cooked green onions and summer squash. Sliced bell peppers and avocado are added and mixed gently. Oil and vinegar are poured on top of salad.	Green onions and summer squash (zucchini squash).	Vegetables: Count as 1 serving if 1/2 cup of vegetables are eaten.
guacamole (Guacamole sauce)	Mashed avocado mixed with finely chopped green chili pepper, tomato and onion are added. It is a versatile sauce that can be used over meat, fish or beans and as a spread or dip.	Avocado, green chili pepper, tomato and onion.	Vegetable: Count as 1 serving if 1/2 cup of vegetables are eaten.

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
salsa borracha (Drunken chili sauce)	Chiles are roasted, pealed and seeds removed; diced and allowed to stand in wine or beer. Garlic, tomato and pepper are ground together. Then wine or beer, cheddar cheese oil and lemon juice are mixed together. Served on most meat and fish dishes.	Chiles and tomatoes.	Vegetables: Count as 1 serving of vitamin C if 1/2 cup of chili sauce is eaten.
ensalada para carnes frias (Salad for cold meat)	Made with shredded lettuce, sliced tomatoes, eggs, diced potatoes and avocados are sliced lenghtwise, Radishes are peeled so that the skin curls back to make radish flower. Oil and vinegar are poured on top of salad.	Lettuce, tomatoes, eggs, potatoes, avocado and radishes.	Vegetables: Count as 1 serving if 1/2 cup of vegetables is eaten. Count as 1 serving of vitamin C if 1/2 cup of tomatoes is eaten. Meat: Count as 1 serving if 2 eggs are eaten

FRUITS

huevos con platanos (Eggs with bananas)	Made with beaten egg whites, egg yolks are folded in. Sliced bananas are dipped in beaten egg batter and fried in hot oil or lard until golden brown.	Bananas and eggs.	Fruit: Count as 1 serving if 1/2 banana is eaten.
pico de gallo (Rooster's beak)	Made with jicama and oranges cut into bite-size pieces. Sprinkled with chili powder.	Jicama and oranges.	Fruit: Count as a good source of vitamin C if 1/2 cup of oranges are eaten.

DESSERTS

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
arroz con leche (Rice pudding)	Rice is cooked in hot milk with lemon rind, cinnamon stick, sugar and seedless raisins. Stirred oftened and cooked until rice is well done. Often sprinkled with powdered cinnamon before serving.	Rice and milk.	Cereal: Count as 1 serving if 1/2 cup of rice pudding is eaten. Milk: Count as 1 serving if 1 cup of rice pudding is eaten.
capirotada Mexicana (Mexican bread pudding)	Bread pudding made with a layer of bread and a layer of seedless raisins, peanuts, Monterey Jack cheese, brown sugar and butter. This is repeated until pan is filled. Baked in oven.	Bread, raisins, peanuts and Monterey Jack cheese.	Bread: Count as 1 serving if 1/2 cup of bread pudding is eaten. Milk: Count as 1 serving if 3/4 cup of bread pudding is eaten.
flan de leche (Milk custard)	Milk custard made with beaten egg yolks, and beaten egg whites and brown sugar. Stir while cooking. Custard cups are sprinkled with brown sugar, placed in hot oven and carmelized. Custard is poured in custard cups and placeed in water bath and baked in oven.	Milk and eggs.	Milk: Count as 1/2 serving if 1/2 cup of custard is eaten. Meat: Count as 1/2 serving if 1 cup of custard is eaten.
churros (twisted donuts)	Twisted like donuts made with flour, water, sugar, lemon rind peeled and grated, eggs, butter and salt. Water, sugar, lemon rind, butter and salt are cooked together until it comes to a boil and removed from burner. Flour is gradually added. Upon cooking beaten eggs are added and beat-	Flour	

FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
(twisted donuts continue)	en until mixture thickens. Mixture is placed in pastry bag and squeezed into very hot fat making a large sausage, starting from outside and working toward the center. Cooked until golden brown on both sides. Remove from fat and sprinkled with confectioners sugar.		
buñuelos (Fried flour tortilla)	Made from wheat flour like flour tortilla, rolled to one-eight inch thickness and fried in hot lard or oil. Served with hot syrup made from brown sugar and cinnamon.	Flour.	
tamales dulces (Sweet tamale)	Masa de maíz is prepared with lard or shortening. Sugar and cinnamon are added and mixed well. Mixture is placed on corn husks, filled with raisins, crushed pineapple or mashed bananas. Fold husk, the tamale on both ends with strings; placed in steamer and steam over boiling water.	Masa de maíz.	Cereal: Count as 1 serv- if 1 small tamale is eaten.
pan dulce (Sweet bread)	Made from a sweetened bread dough with powdered cinnamon. Topped with a crusty layer of brown sugar and cinnamon.	Flour.	

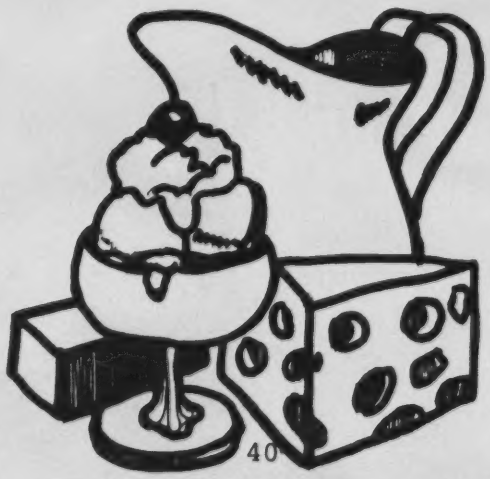
FOOD	DESCRIPTION	MAIN INGREDIENTS	CLASSIFICATION
empanadas (Turnover)	Turnover, filled with a variety of cooked fruits, vegetables or pudding. Most common are pineapple, pumpkin, winter squash, lemon filling or sweet potato.	Flour, fruit, vegetables or pudding.	Vegetable: Count as 1 serving of vitamin A if 1/2 cup of pumpkin or winter squash is eaten.
cuernos (Crescent roll)	Bread shaped like a horn. Made from sweet dough.	Flour.	Bread: Count as 1 serving if 1 roll is eaten.
pastelitos (Pastry tarts filled with fruit or pudding)	Small pastry filled with cooked fruit or pudding.	Flour, fruit or pudding.	
polvorones (Mexican cookies)	Mexican cookie. Resembles shortbread cookies.	Flour	
sopaipillas (Fried flour tortilla squares with honey)	Made from wheat flour like flour tortillas, rolled and cut into 3 or 4 inch squares and fried in hot lard or oil. Served immediately with honey.	Flour.	

Food Groups

Spanish - English

LECHE Y PRODUCTOS DE LECHE - MILK AND MILK PRODUCTS

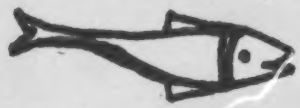
Leche agria cuajada preparada con leche descremada	*Buttermilk made with skim milk.*
Leche agria cuajada preparada con leche entera	*Buttermilk made with whole milk.*
Leche baja en grasa (2% grasa)	*Low-fat milk (2% fat).*
Leche condensada	*Condensed milk.*
Leche descremada	*Non-fat or skim milk.*
Leche descremada en polvo	*Powdered non-fat or skim milk.*
Leche entera	*Whole milk.*
Leche evaporada	*Evaporated milk.*
Leche evaporada, baja en grasa	*Evaporated low-fat milk.*
Leche evaporada, descremada	*Evaporated non-fat or skim milk.*
Leche evaporada, entera	*Evaporated whole milk.*
Nieve	*Ice cream.*
Pudín	*Pudding.*
Queso	*Cheese.*
Queso, Mexicano (panela) de rancho	*Cheese, Mexican soft curd (ranch style).*
Requesón	*Cottage cheese.*
Requesón, bajo en grasa	*Cottage cheese, low-fat.*
Sopa de crema	*Soup prepared with milk.*
Yogurt de sabores	*Yogurt, flavored.*
Yogurt, hecho con leche baja en grasa	*Yogurt made from low-fat milk.*
Yogurt, hecho con leche entera	*Yogurt made from whole milk.*



CARNE Y SUBSTITUTO DE CARNE - MEAT AND MEAT SUBSTITUTES

Almejas	*Clams*
Atún	*Tuna fish*
Bisté	*Steak*
Bisté de costilla, lomo sollomillo	*Rib, sirloin or porterhouse steak*
Blanquillos	*Eggs*
Bolonia	*Bologna*
Borrego	*Lamb*
Camarón	*Shrimp*
Cangrejo	*Crab*
Carne de becerro	*Lamb meat*
Carne de conejo	*Rabbit meat*
Carne de lomo	*Sirloin tips*
Carne de puerco	*Pork meat*
Carne de rana	*Frog meat*
Carne de res	*Beef meat*
Carne desgrasada	*Lean meat*
Carne enlatada	*Canned meat*
Carne grasosa	*High fat meat*
Carne medianamente grasosa	*Medium-fat meat*
Carne molida	*Ground meat*
Carnes frías,	*Cold cuts*
Chorizo	*Sausage*
Chuletas de costilla de puerco	*Rib chops*
Corazón	*Heart*
Cordero	*Lamb*
Costillas de puerco	*Pork ribs*
Costillas de res	*Beef ribs*
Crema de cacahuate	*Peanut butter*
Fiambres	*Luncheon meats*
Filete	*Tenderloin*
Frijoles cocidos	*Cooked beans*
Frijoles secos	*Dried beans*
Frfjol soya	*Soy beans*
Gallina	*Chicken*

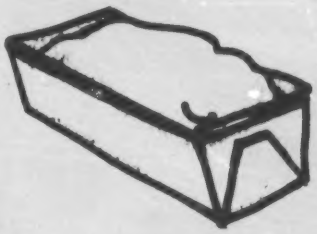
Ganso	*Goose*
Guajolote	*Turkey*
Hamburguesa	*Hamburger*
Hígado	*Liver*
Huevos	*Eggs*
Jamón	*Ham*
Langosta	*Lobster*
Lengua	*Tongue*
Lentejas	*Lentils*
Lomo	*Loin*
Machaca	*Shredded meat*
Mantequilla de cacahuate	*Peanut butter*
Mariscos	*Shellfish*
Mollejas	*Sweetbreads*
Nueces	*Nuts*
almendras	*almonds*
avellana	*filberts*
cacahuates Españoles	*peanuts, Spanish*
anacardo	*cashew*
de Brasil	*Brazil*
macademia	*macademia*
pacanas	*pecans*
pistachos	*pistachios*
Patas de puerco	*Pigs feet*
Pato	*Duck*
Pavo	*Turkey*
Pecho de borrego, pollo, res	*Lamb, chicken or beef breast*
Pierna	*Leg*
Perro caliente	*Hot dog*
Pescado	*Fish*
Pichón	*Squab*
Pollo	*Chicken*
Proteína texturada vegetal	*Texturized vegetable protein*
Requesón	*Cottage cheese*
Requesón bajo en grasa	*Cottage cheese, low-fat*
Riñones	*Kidneys*



Rosbif	*Roast beef*
Salchicha	*Frankfurter*
Salmón	*Salmon*
Sardinas	*Sardines*
Sesos	*Brains*
Soja	*Tofu*
Ternera	*Veal*
Ternera molida	*Ground veal*
Trasero entero	*Whole rump*

PANES, CEREALES Y PRODUCTOS - BREADS, CEREALS AND PRODUCTS

PANES	BREADS
Bolillo, chico	*Roll, hard, small*
Pan bimbo	*Sliced American bread*
Pan de hamburguesa	*Hamburger bun*
Pan de "hot dog", perro caliente	*Hot dog bun*
Pan de maíz	*Cornbread*
Panecillo Inglés	*English muffin*
Pan negro	*Wheat bread*
Pan blanco, trigo, centeno, Italiano, Francés o de pasas	*Bread, white, wheat, rye, Italian, French or raisin*
Tortilla de harina	*Flour tortilla*
Tortilla de maíz	*Corn tortilla*
Tortilla en forma de taco	*Taco shell*
CEREALES	**CEREALS**
Arroz cocido	*Cooked rice*
Avena	*Oatmeal*
Cebada	*Barley, pearled*
Cereal cocido	*Cooked cereal*
Cereal preparado de salvado	*Bran flakes*
Cereal preparado inflado	*Dry cereal, puffed*
Cereal preparado sin azúcar	*Dry cereal, unfrosted*
Cereal seco	*Dry cereal*
Crema de arroz	*Cream of rice*
Crema de trigo	*Cream of wheat*
Esquite	*Popcorn*



Germen de trigo	*Wheat germ*
Harina	*Flour*
Harina de maíz	*Cornmeal*
Harina preparada	*Self-rising flour*
Maicena	*Cornstarch*
Masa harina	*Cornflour*
Maíz machacado o nixtamal	*Hominy*
Palomitas	*Popcorn*
Pastas cocidas, macarrón, tallarines, spagueti, fideo	*Pastas, cooked, macaroni, noodles, spaghetti, vermicelli*
GALLETAS	COOKIES-CRACKERS
Animalitos	*Animal*
Doña María,	*Arrowroot*
Matzo	*Matzo*
Pan tostado, Melba	*Melba toast*
Pretzels, en forma de tres anillos	*Pretzels, twisted (three ring)*
Saladas	*Saltines*
Salvado	*Graham*
MISCELLANEOUS	MISCELANEO
Bizcocho	*Biscuit*
Buñuelos	*Fried flour tortilla*
Cono de nieve	*Ice cream cone*
Coricos	*Corn flour cookies*
Cuernos	*Crescent roll*
Donas	*Donuts*
Empanadas	*Turnovers*
Galletas	*Cookies*
Galletas tipo "vanilla wafers"	*Vanilla wafers*
Migajas de pan	*Bread crumbs*
Palomitas	*Popcorn*
Pan de maíz	*Cornbread*
Pan dulce	*Mexican sweet bread*
Panecillo	*Muffin*
Panqué	*Pancake*
Pastel	*Pie*
Pastelillo	*Pastry*
Tamales	*Tamales*
Tamales de dulce	*Tamales, sweet*
Tamales de carne	*Tamales, meat*

FRUTAS - FRUITS

Aguacate	*Avocado*
Cereza	*Cherries*
Chabacanos, frescos	*Apricots, fresh*
Chabacanos, secos	*Apricots, dried*
Chirimoya	*Cherimoya, custard apple*
Ciruelas	*Plums*
Ciruela, seca	*Prunes*
Coco	*Coconut*
Coctél de frutas	*Fruit cocktail*
Dátiles	*Dates*
Durazno	*Peach*
Frambuesas	*Raspberries*
Fresas	*Strawberries*
Granada	*Pomegranate*
Granadilla	*Passion fruit*
Guayaba	*Guava*
Higos, frescos	*Figs, fresh*
Higos, secos	*Figs, dried*
Jugo de arándano	*Cranberry juice*
Jugo de ciruela	*Prune juice*
Jugo de manzana	*Apple juice*
Jugo de naranja	*Orange juice*
Jugo de toronja	*Grapefruit juice*
Jugo de uva	*Grape juice*
Mandarina	*Tangerine*
Mango	*Mango*
Manzana	*Apple*
Melón	*Cantaloupe*
Melón de "honeydew"	*Honeydew melon*
Membrillo	*Quince*
Mirtillo	*Blueberries*
Naranja	*Orange*
Nectar de chabacano	*Apricot nectar*
Nectar de durazno	*Peach nectar*
Nectar de pera	*Pear nectar*

Nectarina	*Nectarine*
Papaya	*Papaya*
Pasas	*Raisins*
Pera	*Pear*
Persimon	*Persimmon*
Persimon Japonés	*Persimmon, Japonese*
Piña	*Pineapple*
Piña, en trozo	*Pineapple chunks*
Plátano	*Banana*
Plátano macho	*Plantain*
Salsa de manzana	*Applesauce*
Sandía	*Watermelon*
Tamarindo	*Tamarind*
Tangelo	*Tangelo*
Tangerino	*Tangerine*
Toronja	*Grapefruit*
Tuna	*Prickley pear*
Uvas	*Grapes*
Uvas, sin semilla	*Grapes, seedless*
Zapote, (blanco o negro)	*Sapote, (white or black)*
Zarzamora	*Zarzamora*

VERDURAS - VEGETABLES

Achicoria	*Chicory*
Alcachofa	*Artichoke*
Apio	*Celery*
Batatas	*Potatoes*
Berenjena	*Eggplant*
Berro	*Watercress*
Betabel	*Beets*
Bróculi	*Broccoli*
Brotes de bambú	*Bamboo shoots*
Brotes de fríjol	*Bean sprouts*
Calabacitas de verano	*Summer squash - zucchini*
Calabaza de invierno	*Winter squash*
Camote	*Sweet potato*

Cebolla	*Onion*
Chayote	*Chayote*
Chícharos	*Peas*
Chirivía	*Parsnips*
Cilantro	*Coriander*
Coctel de jugo de verduras	*Vegetable juice cocktail*
Coles de bruselas	*Brussel sprouts*
Coliflor	*Cauliflower*
Ejotes- (habichuelas, alubias)	*Beans, green or wax*
Ejote chino	*Chinese pea pod*
Elote	*Corn on the cob*
Escarola	*Endive*
Espárragos	*Asparagus*
Frijoles	*Beans*
Garbanzos	*Garbanzos*
Habas	*Lima beans*
Hojas verdes-	*Greens*
acelgas	*swiss chard*
berzas	*kale*
col rizado	*collard*
diente de león	*dandelion*
espinacas	*spinach*
mostaza	*mustard*
nabo	*turnip*
remolacha	*beet*
Hongos	*Mustard*
Jícama	*Jicama*
Judías escarlatas	*Kidney beans*
Jugo de tomate	*Tomato juice*
Lechuga	*Lettuce*
Lechuga romana	*Romaine lettuce*
Maíz	*Corn*
Nabo	*Turnips*
Nopales	*Cactus leaves*

Papas	*Potatoes*
Pepinos	*Cucumbers*
Pimientos - (chiles) verdes o rojos	*Peppers - (chili) green or red*
Quingombó	*Okra*
Rabanos	*Radishes*
Repollo	*Cabbage*
Repollo chino	*Chinese cabbage*
Repollo fermentado	*Sauerkraut*
Ruibardo	*Rhubarb*
Rutabaga	*Rutabagas*
Salsa de chile	*Chili sauce*
Salsa de tomate	*Tomato sauce*
Tomates	*Tomatoes*
Verduras, mixtas	*Mixed vegetables*
Zanahorias	*Carrots*

BEBIDAS - BEVERAGES

Agua	*Water*
Agua ablandada	*Soft water*
Atole	*Cornstarch gruel*
Bebidas alcohólicas	*Alcoholic beverages*
Bebidas carbonatadas, gaseosas	*Carbonated beverages*
Bebidas decafeinadas	*Decaffeinated beverages*
Café	*Coffee*
Champurrado	*Cornmeal gruel*
Chocolate	*Chocolate*
Cerveza	*Beer*
Jugo de frutas	*Fruit juices*
Jugo de frutas naturales	*Natural fruit juices*
Leche	*Milk*
Licor	*Liquor*
Néctar de frutas	*Fruit nectar*
Refrescos	*Sodas, soft drinks*
Soda	*Soda pop*
Té, y té de hierbas	*Tea or herb tea*
Vino	*Wine*

GRASAS - FATS

Aceite	*Oil*
Aceite para ensalada tipo mayonesa	*Salad dressing, mayonnaise type*
Aderezo Francés	*French dressing*
Aderezo Italiano	*Italian dressing*
Aderezo, "Mil Islas"	*Thousand Island dressing*
Crema agria	*Sour cream*
Crema (20% grasa) ligera	*Cream, light (20% fat)*
Crema espesa (40% grasa) batida	*Cream, heavy (40% fat)*
Crema "half and half"	*Cream, half and half*
Crema preparada sin productos de leche	*Non-dairy cream*
Manteca de puerco	*Lard*
Manteca vegetal	*Vegetable shortening*

Mantequilla	*Butter*
Margarina	*Margarine*
Mayonesa	*Mayonnaise*
Queso crema	*Cream cheese*
Queso nata	*Milk curdle*
Salsa tartara	*Tartar sauce*
Tocino	*Bacon*
Tocino ancho	*Salt pork*

ESPECIES - SPICES

Albahaca	*Basil*
Alcaravea	*Caraway seeds*
Ajo	*Garlic*
Bicarbonato de sodio	*Baking soda*
Canela	*Cinnamon*
Catsup	*Catsup*
Chile	*Chili*
colorado	*red*
de polvo	*powder*
jalapeño	*jalapeno*
salsa	*sauce*
Clavos	*Cloves*
Comino	*Cumin*
Condimentos en salsas	*Seasoning sauces-*
bistec	*steak*
soya	*soy*
tabasco	*tabasco*
worcestershire	*worcestershire*
Curri	*Curry*
Eneldo	*Dill*
Espauda	*Baking soda*
Extractos	*Extracts-*
almendras	*almonds*
arce	*maple*
rŏn	*rum*
vainilla	*vanilla*

Hinojo	*Fennel*
Jengibre	*Ginger*
Laurel	*Bay leaves*
Levadura	*Yeast*
Lima	*Lime*
Limón	*Lemon*
Macis	*Mace*
Mejorana	*Marjoram*
Mostaza	*Mustard*
Nuez moscada	*Nutmeg*
Orégano	*Oregano*
Perejil	*Parsley*
Pimentón de polvo	*Paprika*
Pimienta	*Pepper*
Pimienta inglesa	*Allspice*
Polvo de ajo	*Garlic powder*
Polvo de cebolla	*Onion powder*
Polvo para hornear	*Baking powder*
Romero	*Rosemary*
Sal	*Salt*
Sal	*Salt*
ajo	*garlic*
apio	*celery*
cebolla	*onion*
Salvia	*Sage*
Semilla de amapola	*Poppy seeds*
Simiente de anís	*Anise seeds*
Soda del martillo	*Baking soda*
Substituto de azúcar	*Sugar substitute; non-caloric*
sacarina	*saccharin*
Tarragona	*Tarragon*
Tomillo	*Thyme*
Tumeric	*Tumeric*
Vinagre	*Vinegar*
Yerba buena	*Mint*

TERMS - SPANISH TO ENGLISH

Abrelatas	*Canopener.*
Adelgazar	*To lose weight.*
Adobado	*Thin sheets of pork or beef marinated.*
Adobar	*Pork or beef are marinated and rubbed with spices.*
Agregar	*Meat which is rubbed with spices before cooking.*
Adornar	*To decorate.*
Agregar	*To add.*
Agrio(a)	*Sour.*
Al horno	*Bake or roast in oven uncovered.*
Alimentación	*Nourishment.*
Alimenticio	*Nutritious.*
Alimento	*The meal.*
Alimentos congelados	*Frozen entrees.*
Almuerzo	*Lunch.*
Agrio	*Bitter.*
Amarillo	*Yellow*
Asar	*To broil over an open flame; especially meats, chiles, onions and tomatoes.*
Beber	*To drink.*
Bebida	*The beverage.*
Bebida alcohólica	*The alcoholic beverage.*
Blanco(a)	*White.*
Calcio	*Calcium.*
Caliente	*Hot.*
Caldo	*Soup.*
Carbohidrato(s)	*Carbohydrate.*
Carne	*Meat.*
Cazuelas	*Pots and pans.*
Cena	*Dinner.*
Cero	*Zero.*
Chamuscar	*To sear.*
Charolas	*Pots and pans.*
Cocer	*To cook; usually something with water.*
Cocinar	*To cook.*

Colar	*To strain.*
Comedor	*Dining room.*
Comer	*To eat.*
Comprar	*To buy.*
Confeccionar	*To prepare food.*
Congelar	*To freeze.*
Cortar en pedazos	*To tear into pieces or shred.*
Crudo(a)	*Raw.*
Cuajar	*To coagulate or curdle.*
Cubrir	*To cover.*
Cuchara	*Spoon.*
Cucharadita	*Teaspoon.*
Cucharada	*Tablespoon.*
Cuchillo	*Knife.*
Delgado	*Thin or skinny.*
Desayuno	*Breakfast.*
Deshebrar	*To shred into threads.*
Delgado	*To thin or dissolve in fluid.*
Diario	*Daily.*
Dieta	*The diet.*
Dieta especial	*The special diet.*
Dietética	*Dietetics.*
Dietista	*Dietitian.*
Empanizar	*To dip in beaten eggs and milk and roll in flour.*
Encurtido	*Pickled.*
Enharinar	*To roll in flour.*
Ensalada	*The salad.*
Entremeses	*Hors d' oeuvres.*
Escabeche	*Pickling marinade.*
Espesar	*To thicken or coagulate.*
Estilar	*To drain.*
Estofado	*Stewed meat and vegetables.*
Estofar	*To stew.*
Estufa	*Stove.*
Freir	*Fry.*

Frio(a)	*Cold.*
Frito(a)	*Fried.*
Gabinete	*Cabinet.*
Gordo(a)	*Fat person.*
Grasa	*Fat.*
Gratinar	*To cover food with cheese, butter, flour or bread crumbs and brown.*
Guisado	*Meat and vegetables prepared separately and served unmixed; example pot roast.*
Guisar	*To cook.*
Hervir	*To boil.*
Hidrógenado(o)	*Hydrogenated.*
Hielera	*Refrigerator.*
Hierro	*Iron.*
Hirviendo	*Boiling.*
Hornear	*To bake.*
Imitación	*Imitation.*
Lamprear	*To dress or season with wine or sour gravy.*
Lleno	*Full.*
Libra	*Pound.*
Liquido	*Liquid.*
Machacar	*To crush.*
Macerar	*To marinate in wine or vinegar.*
Mechar	*To wrap meat with bacon or ham.*
Medida	*The measurement.*
Medio(a)	*Half.*
Menear	*To stir or shake.*
Menú	*Menu.*
Mineral(es)	*Mineral(s).*
Mitad	*Half.*
Moler	*To grind.*
Nutrimento(s)	*Nutrient(s).*
Nutrición	*Nutrition.*
Nutritivo(a)	*Nutritious.*
Ollas	*Pots and pans.*

Onza(s)	Ounce(s)
Peder de peso	Weight, to lose
Picar	To chop
Plato	Dish.
Poli-insaturado(a)	Polyunsaturated.
Postre	Dessert.
Probar	To taste.
Proteína	Protein.
Puñado	Handful.
Puré	Puree.
Rallar	To grate.
Rebanar	To slice.
Rebozar	To dip food in beaten eggs and fry.
Recalentar	To reheat food.
Reducir	To cook until fluid is reduced.
Refreír	To refry.
Refresco(s)	Refreshment(s)
Refrigerador	Refrigerator.
Rellenar	To stuff.
Remover	To remove.
Requemar	To burn or overcook.
Riboflavina	Riboflavin.
Rojo(a)	Red.
Salsa	Sauce; usually hot.
Saltear	To stir fry without fluid and removed rapidly so it doesn't burn.
Salud	Health.
Sancochar	To boil food with salt.
Saturado(a)	Saturated.
Servilleta	Napkin.
Seco	Dry.
Sólido(a)	Solid.
Sopa seca	Soup, dry.
Subir de peso	Weight, to gain.

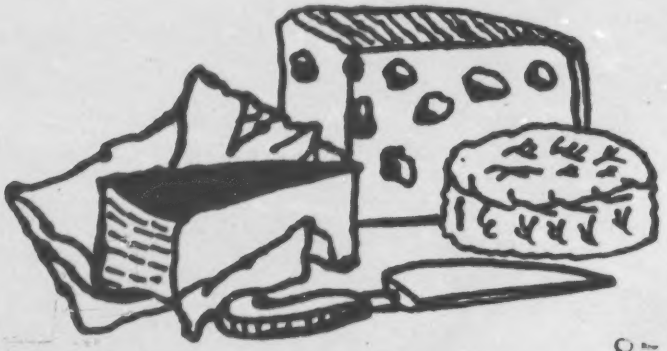
Tatemar	*To cook food on the ground with coals.*
Taza	*Cup.*
Taza de medida	*Measuring cup.*
Tenedor	*Fork.*
Tener hambre	*To be hungry.*
Tiamina	*Thiamin.*
Traste	*Dish.*
Untar	*To rub with oil or butter.*
Utensilio(s)	*Utensil(s).*
Vaso	*The cup.*
Vitamina	*The vitamin(s)*
Vitrina	*Cabinet.*

Food Groups

English - Spanish

MILK AND MILK PRODUCTS - LECHE Y PRODUCTOS DE LECHE

Buttermilk made with skim milk.	Leche agria cuajada preparada con leche descremada
Buttermilk made with whole milk.	Leche agria cuajada preparada con leche entera
Cheese.	Queso
Cheese, Mexican soft curd (ranch style).	Queso, Mexicano (panela) de rancho
Condensed milk.	Leche condensada
Cottage cheese.	Requesón
Cottage cheese, low-fat.	Requesón, bajo en grasa
Evaporated milk.	Leche evaporada
Evaporated low-fat milk.	Leche evaporada, baja en grasa
Evaporated non-fat or skim milk.	Leche evaporada, descremada
Evaporated whole milk.	Leche evaporada, entera
Ice cream.	Nieve
Low-fat milk (2% fat).	Leche baja en grasa (2% grasa)
Non-fat or skim milk.	Leche descremada
Powdered non-fat or skim milk.	Leche descremada en polvo
Pudding.	Pudín
Soups prepared with milk.	Sopa de crema
Whole milk.	Leche entera
Yogurt, flavored.	Yogurt de sabores
Yogurt made from low-fat milk.	Yogurt, hecho con leche baja en grasa
Yogurt made from whole milk.	Yogurt, hecho con leche entera



MEAT AND MEAT SUBSTITUTES - CARNE Y SUBSTITUTOS DE CARNE

Beef meat	Carne de res
Beef ribs	Costillas de res
Bologna	Bolonia
Brains	Sesos
Canned meat	Carne enlatada
Chicken	Gallina
Chicken	Pollo
Clams	Almejas
Cold cuts	Carne frías
Cooked beans	Frijoles cocidos
Cottage cheese	Requesón
Cottage cheese, low fat	Requesón bajo en grasa
Crab	Cangrejo
Dried beans	Frijoles secos
Duck	Pato
Eggs	Blanquillos
Eggs	Huevos
Fish	Pescado
Frankfurter	Salchicha
Frog meat	Carne de rana
Goose	Ganso
Ground meat	Carne molida
Ground veal	Ternera molida
Ham	Jamón
Hamburger	Hamburguesa
Heart	Corazón
High fat meat	Carne grasosa
Hot dog	Perro caliente
Kidney	Riñones
Lamb	Borrego
Lamb, chicken or beef breast	Pecho de borrego, pollo, res
Lamb meat	Cordero
Lean meat	Carne desgrasada
Leg	Pierna

Lentils	Lentejas
Loin	Lomo
Liver	Hígado
Lobster	Langosta
Luncheon meat	Fiambres
Medium-fat meat	Carne medianamente grasosa
Nuts	Nueces
almonds	almendras
Brazil	de Brasil
cashew	anacardo
filberts	avellana
macademia	macademia
peanuts, Spanish	cacahuates Españoles
pecans	pecanas
pistachios	pistachos
Peanut butter	Crema de cacahuate
Peanut butter	Mantequilla de cacahuate
Pigs feet	Patas de puerco
Pork chops	Chuletas de costillas de puerco
Pork meat	Carne de puerco
Pork ribs	Costillas de puerco
Rabbit	Carne de conejo
Rib, sirloin or porterhouse steak	Bisté de costilla, lomo, solomillo
Roast beef	Rosbif
Salmon	Salmón
Sardines	Sardínas
Sausage	Chorizo
Shellfish	Mariscos
Shredded meat	Machaca
Shrimp	Camarón
Sirloin tips	Carne de lomo
Soy beans	Fríjol soya
Squab	Pichón
Steak	Bisté
Sweetbreads	Mollejas
Tenderloin	Filete

Texturized vegetable protein	Proteína texturada vegetal
Tofu	Soja
Tongue	Lengua
Tuna fish	Atún
Turkey	Guajolote
Turkey	Pavo
Veal	Ternera
Whole rump	Trasero entero

BREADS, CEREALS AND PRODUCTS - PANES, CEREALES Y PRODUCTOS

BREADS	PANES
Bread, white, wheat, rye, Italian, French or raisin	Pan blanco, trigo, centeno, Italiano, Francés o de pasas
Cornbread	Pan de maíz
Corn tortillas	Tortilla de maíz
English muffin	Panecillo Inglés
Flour tortilla	Tortilla de harina
Hamburger bun	Pan de hamburguesa
Hot dog bun	Pan de "hot dog", perro caliente
Roll, hard, small	Bolillo, chico
Sliced American bread	Pan bimbo
Taco shell	Tortilla en forma de taco
CEREALS	CEREALES
Barley	Cebada
Bran flakes	Cereal preparado de salvado
Cooked cereal	Cereal cocido
Cooked rice	Arroz cocido
Cornflour	Masa harina
Cornmeal	Harina de maíz
Cornstarch	Maicena
Cream of rice	Crema de arroz
Cream of wheat	Crema de trigo
Dry cereal	Cereal seco
Dry cereal, puffed	Cereal preparado inflado

Dry cereal, unfrosted	Cereal preparado sin azúcar
Flour	Harina
Hominy	Maíz machacado o nixtamal
Oatmeal	Avena
Pasta, cooked, macaroni, noodles spaghetti, vermicelli	Pastas cocidas, macarrón, tallarines, spagueti, fideo
Popcorn	Esquite, palomitas
Wheat germ	Germen de trigo
COOKIES-CRACKERS	GALLETAS
Animal	Animalitos
Arrowroot	Doña María
Graham	Salvado
Matzo	Matzo
Melba toast	Pan tostado, Melba
Pretzels, twisted (three ring)	Pretzels, en forma de tres anillos
Saltines	Saladitas
MISCELANEOUS	MISCELANEO
Biscuit	Bizcocho
Bread crumbs	Migajas de pan
Cookies	Galletas
Cornbread	Pan de maíz
Corn flour cookies	Coricos
Crescent roll	Cuernos
Donuts	Donas
Fried flour tortilla	Buñuelos
Ice cream cone	Cono de nieve
Pancake	Panque
Pastry	Pastelillo
Popcorn	Palomitas
Pie	Pastel
Mexican sweet bread	Pan dulce
Muffin	Panecillo
Tamales	Tamales
Tamales, meat	Tamales de carne
Tamales, sweet	Tamales de dulce
Turnovers	Empanadas
Vanilla wafers	Galletas tipo "vanilla wafers"

FRUITS - FRUTAS

Apple	Manzana
Apple juice	Jugo de manzana
Applesauce	Salsa de manzana
Apricots, dried	Chabacanos, secos
Apricots, fresh	Chabacanos, frescos
Apricot nectar	Nectar de chabacano
Avocado	Aguacate
Banana	Plátano
Blueberries	Martillo
Cantaloupe	Melón
Cherimoya, custard apple	Chirimoya
Cherries	Cereza
Coconut	Coco
Cranberry juice	Jugo de arándano
Dates	Dátiles
Figs, fresh	Higos, frescos
Figs, dried	Higos, secos
Fruit cocktail	Coctél de frutas
Grapefruit	Toronja
Grapefruit juice	Jugo de toronja
Grapes	Uvas
Grape juice	Jugo de uvas
Grapes, seedless	Uvas, sin semilla
Guava	Guayaba
Honeydew melon	Melón de honeydew
Mango	Mango
Nectarine	Nectarina
Orange	Naranja
Orange juice	Jugo de naranja
Papaya	Papaya
Passion fruit	Granadilla
Peach	Durazno
Peach nectar	Nectar de durazno
Pear	Pera
Pear nectar	Nectar de pera

Persimmon	Persimons
Persimmon, Japanese	Persimons, Japonés
Pineapple	Piña
Pineapple chunks	Piña en trozo
Plantain	Plátano macho
Plums	Ciruelas
Pomegranate	Granada
Prune juice	Jugo de ciruela
Prunes	Ciruela, seca
Prickley pear	Tuna
Quince	Membrillo
Raisins	Pasas
Raspberries	Frambuesas
Sapote, white or black	Zapote, blanco o negro
Strawberries	Fresas
Tangerine	Mandarina
Tangerine	Tangerino
Tangelo	Tangelo
Tamarind	Tamarindo
Watermelon	Sandía
Zarzamora	Zarzamora

VEGETABLES - VERDURAS

Artichoke	Alcachofa
Asparagus	Espárragos
Bamboo shoots	Brotes de bambú
Beans	Frijoles
Beans - green or wax	Ejotes-(habichuelas, alubias)
Bean sprouts	Brotes de frijol
Beets	Batabel
Broccoli	Bróculi
Brussel sprouts	Coles de bruselas
Cabbage	Repollo
Cactus leaves	Nopales
Carrots	Zanahorias
Cauliflower	Coliflor
Celery	Apio

Chayote	Chayote
Chicory	Achicoria
Chili sauce	Salsa de chile
Chinese cabbage	Repollo chino
Chinese pea pods	Ejote chino
Cilantro	Cilantro
Corn	Maíz
Corn on the cob	Elote
Cucumbers	Pepinos
Eggplant	Berenjena
Endive	Escarola
Garbanzos	Garbanzos
Greens	Hojas verdes-
beet	remolacha
collard	col rizado
dandelion	diente de león
kale	berzas
mustard	mostaza
spinach	espinacas
swiss chard	acelgas
turnip	nabo
Jicama	Jicama
Kidney beans	Judías escarlatas
Lettuce	Lechuga
Lima beans	Habas
Mixed vegetables	Verduras mixtas
Mushrooms	Hongos
Okra	Quingombó
Onion	Cebolla
Parsnips	Chirivía
Peas	Chícharos
Peppers - (chili) green or red	Pimientos - (chiles) verdes o rojos
Potatoes	Papas
Radishes	Rabános
Rhubarb	Ruibardo

Romaine lettuce	Lechuga romana
Rutabagas	Rutabaga
Sauerkraut	Repollo fermentado
Summer squash - zucchini	Calabaza de verano
Sweet potato	Camote
Tomatoes	Tomates
Tomato juice	Jugo de tomate
Tomato sauce	Salsa de tomate
Turnips	Nabo
Vegetable juice cocktail	Coctel de jugo de verduras
Watercress	Berro
Winter squash	Calabaza de invierno

BEVERAGES - BEBIDAS

Alcoholic beverages	Bebidas alcohólicas
Beer	Cerveza
Carbonated beverage	Bebidas carbonatadas, gaseosas
Chocolate	Chocolate
Coffee	Café
Cornmeal gruel	Champurrado
Cornstarch gruel	Atole
Decaffeinated beverages	Bebidas decafeinadas
Fruit nectar	Néctar de frutas
Fruit juices	Jugo de frutas
Liquor	Licor
Milk	Leche
Natural fruit juices	Jugo de frutas naturales
Soda pop	Soda
Sodas, soft drinks	Refrescos
Soft water	Agua ablandada
Tea or herb tea	Té, y té de hierbas
Water	Agua
Wine	Vino

FATS - GRASAS

Bacon	Tocino
Butter	Mantequilla
Cream cheese	Queso crema
Cream, half and half	Crema "half and half"
Cream, heavy (40% fat)	Crema espesa, (40% grasa), batida
Cream, light (20% fat)	Crema (20% grasa) ligera
French dressing	Aderezo Francés
Italian dressing	Aderezo Italiano
Lard	Manteca de puerco
Margarine	Margarina
Mayonnaise	Mayonesa
Milk curdle	Queso nata
Non- dairy cream	Crema preparada sin productos de leche

Oil	Aceite
Salad dressing, mayonnaise type	Aceite para ensalada tipo mayonesa
Salt pork	Tocino ancho
Sour cream	Crema agria
Tartar sauce	Salsa tartara
Thousand Island dressing	Aderezo, "Mil Islas"
Vegetable shortening	Manteca vegetal

SPICES - ESPECIES

Allspice	Pimienta inglesa
Anise seeds	Simiente de anís
Baking powder	Polvo para hornear
Baking soda	Bicarbonato de sodio
Baking soda	Espauda
Baking soda	Soda del martillo
Basil	Albahaca
Bay leaves	Laurel
Caraway seeds	Alcaravea
Catsup	Catsup
Chili	Chile
jalapeno	jalapeño
powder	de polvo
red	colorado
sauce	salsa
Cinnamon	Canela
Cloves	Clavos
Cumin	Comino
Curry	Curri
Dill	Eneldo
Extracts-	Extractos
almonds	almendras
maple	arce
rum	rón
vanilla	vainilla
Fennel	Hinojo

Garlic	Ajo
Garlic powder	Polvo de ajo
Ginger	Jengibre
Lemon	Limón
Lime	Lima
Mace	Macis
Marjoram	Mejorana
Mint	Yerba buena
Mustard	Mostaza
Nutmeg	Nuez moscada
Onion powder	Polvo de cebolla
Oregano	Oregano
Paprika	Pimentón de polvo
Parsley	Perejil
Pepper	Pimienta
Poppy seeds	Semilla de amapola
Rosemary	Romero
Sage	Salvia
Salt	Sal
Salt	Sal
celery	apio
garlic	ajo
onion	cebolla
Seasoning sauces-	Condimentos en salsas
soy	soya
steak	bistec
tabasco	tabasco
worcestershire	worcestershire
Sugar substitute; non- caloric saccharin	Substituto de azúcar sacarina
Tarragon	Tarragona
Thyme	Tomillo
Tumeric	Tumeric
Vinegar	Vinagre
Yeast	Levadura

TERMS - ENGLISH TO SPANISH

Baked or roast in oven uncovered.	Al horno
Bitter.	Agrio
Boiling.	Hirviendo
Breakfast.	Desayuno
Cabinet.	Gabinete
Cabinet.	Vitrina
Calcium.	Calcio
Canopener.	Abrelatas
Carbohydrate(s).	Carbohidrato(s)
Cold.	Frío
Cup.	Taza
Daily.	Diario
Dessert.	Postre
Dietetics.	Dietética
Dietitian.	Dietista
Dinner.	Cena
Dining	Comedor
Dish.	Plato
Dish.	Traste
Dry.	Seco
Fat.	Grasa
Fat person.	Gordo(a)
Fork.	Tenedor
Fried.	Frito
Frozen entrees.	Alimentos congelados
Fry.	Freír
Full.	Lleno
Half.	Medio(a)
Half.	Mitad
Handful.	Puñado
Health.	Salud
Hors d' oeuvres.	Entremesses
Hot.	Caliente

Hydrogenated.	Hidrógenado(a)
Imitation.	Imitación
Iron.	Hierro
Knife.	Cuchillo
Liquid.	Liquido(a)
Lunch.	Almuerzo
Measuring cup.	Taza de medida
Meat.	Carne
Meat and vegetables prepared separately and served unmixed; example pot roast.	Guisado
Meat which is rubbed with seasonings before drying or cooking.	Adobo
Menu.	Menú
Mineral(s).	Mineral(es)
Napkin.	Servilleta
Nourishment.	Alimentación
Nutrient(s)	Nutrimento
Nutrition.	Nutrición
Nutritious.	Alimenticio
Pickled.	Nutritivo(a)
Pickling marinade.	Encurtido
Polyunsaturated.	Poli-insaturado(a)
Pork or beef are marinated and rubbed with seasonings.	Adobar
Pots and pans.	Cazuelas
Pots and pans.	Charolas
Pound.	Libra
Protein.	Proteína
Puree.	Puré
Raw.	Crudo(a)
Red.	Rojo(a)
Refrigerator.	Hielera
Refrigerator.	Refrigerador

Riboflavin.	Riboflavina
Saturated.	Saturado(a)
Sauce; usually hot.	Salsa
Solid.	Sólido(a)
Spoon.	Cuchara
Soup.	Caldo
Soup, dry.	Sopa seca
Stewed meat and vegetables.	Estofado
Stove.	Estufa
Tablespoon.	Cucharada
Teaspoon.	Cucharadita
The alcoholic beverage.	Bebida alcohólica
The beverage.	Bebida
The cup.	Vaso
The diet.	Dieta
The meals.	Alimento
The measurement.	Medida
The salad.	Ensalada
The special diet.	Dieta especial
The vitamin(s).	Vitamina(s)
Thiamin.	Tiamina
Thin or skinny.	Delgado
Thin sheets of pork or beef are marinated, seasoned and dried.	Adobado
To add.	Agregar
To bake.	Hornear
To be hungry.	Tener hambre
To boil.	Hervir
To boil food with salt.	Sancochar
To broil over an open flame; especially meats, chiles, onions and tomatoes.	Asar
To burn or overcook.	Requemar
To buy.	Comprar

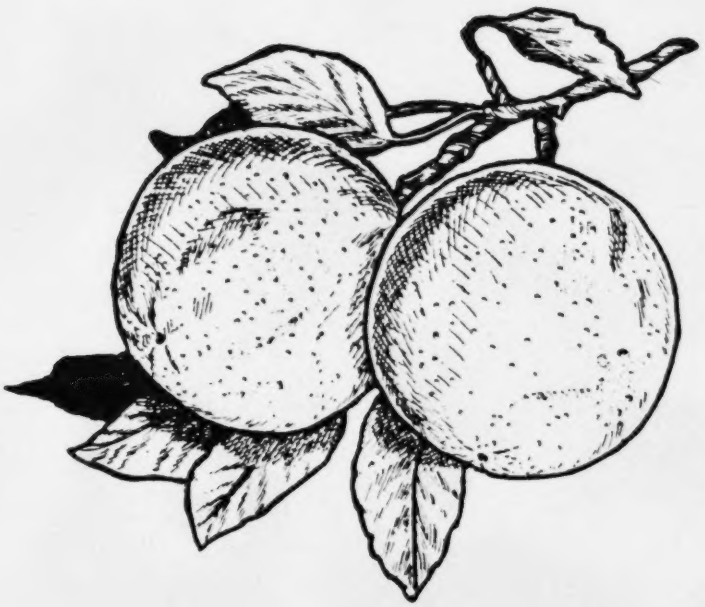
To coagulate or curdle.	Cuajar
To chop.	Picar
To cook.	Cocinar
To cook.	Guisar
To cook food on the ground with coals.	Tatemar
To cook until fluid is reduced.	Reducir
To cook; usually something with water.	Cocer
To cover.	Cubrir
To cover food with cheese, butter, flour or bread crumbs and brown.	Gratinar
To crush.	Machacar
To decorate.	Adornar
To dip food in beaten eggs and fry.	Rebozar
To dip in beaten eggs and milk and rolled in crumbs or flour.	Empanizar
To drain.	Estilar
To dress or season with wine or sour gravy.	Lambrear
To drink.	Beber
To eat.	Comer
To freeze.	Congelar
To grate.	Rallar
To grind.	Moler
To lose weight.	Adelgazar
To marinate in wine or vinegar.	Macerar
To prepare food.	Confeccionar
To refry.	Refreír
To reheat food.	Recalentar
To remove.	Remover
To flour.	Enharinar
To rub with oil or butter.	Untar

To sear.	Chasmuscar
To slice.	Rebanar
To shred into threads.	Deshebrar
To stew.	Estofar
To stir fry without fluid and remove rapidly so that it doesn't burn.	Saltear
To stir or shake.	Menear
To strain.	Colar
To stuff.	Rellenar
To taste.	Probar
To tear into pieces or shred.	Cortar en pedazos
To thin or coagulate.	Espesar
To thin or dissolve in fluid.	Delgado
Utensil(s).	Utensilio(s)
Weight, to gain.	Peso, subir/ganar
Weight, to lose.	Peso, perder
White.	Blanco(a)
Yellow.	Amarillo(a)
Zero.	Cero

Patient Interview

and

Normal Nutrition



PATIENT VISITATION

D. *Good morning/good afternoon, Mr./Mrs./Miss _____.*
I am _____ the dietitian.

Buenos días/buenas tardes, señor/señora/señorita.
Yo soy la/el dietista.

P. *Nice to meet you.*

Mucho gusto de conocerla(o).

D. *How are you feeling today?*

¿Como se siente usted ahora?

P. *All right, I guess.*

Creo que bien.

D. *How is your appetite so far?*

¿Hasta ahorita como está su apetito?

P. *Not good. I have not been eating too much.*

No esta bueno, No estoy comiendo mucho.

D. *What seems to be the problem?*

¿Cuál es el problema?

P. *I am not very hungry?*

No tengo mucha hambre.

D. *Are there any foods that may appeal to you?*

¿Hay comidas que se le antojan?

P. *Yes, do you have enchiladas?*

Sí, ¿tiene usted enchiladas?

D. *Yes, we are going to have it on our menu tomorrow. Would you like to have some?*

Sí, vamos a tener enchiladas en el menú mañana. ¿Le gustaría ordenarlas?

P. *Yes, thank you.*

Sí, muchas gracias.

D. *Do you like the foods you've been receiving?*

¿Le gustan las comidas que ha recibido?

P. *No, I don't like some of the foods.*

No me gustan algunas de las comidas.

D. *Which foods do you dislike?*

¿Cuáles comidas no le gustan?

P. *I don't like milk and spinach.*

No me gusta la leche ni las espinacas. 103

D. *Do you like cheese, custards or puddings?*

¿Le gusta el queso, flanes o pudines?

P. *Yes, I like all these foods.*

Sí, me gustan todas estas comidas.

D. *Are there any foods that you especially like?*

¿Hay algunas comidas que le gustan más?

P. *I like tortillas with my meals.*

Me gustan tortillas con mis alimentos.

D. *I am sorry but we do not have them on our menu. Would you like bread instead?*

Perdone pero no tenemos tortillas en el menú. ¿Le gustaría comer pan?

P. *Yes, I would like white bread.*

Sí, me gustaría comer pan blanco.

D. *What would you like to drink?*

¿Qué le gustaría tomar?

P. *Lemonade.*

Limonada.

D. *How about orange juice?*

¿Le gustaría tomar jugo de naranja?

P. *No, I don't like fruit juices.*

No me gustan los jugos de fruta.

D. *Do you like fruits?*

¿Le gustan las frutas?

P. *I like all fresh fruits especially papayas, mangos and oranges.*

Me gustan todas las frutas frescas especialmente papayas, mangos y naranjas.

D. *Do you like beef, pork, lamb, chicken, turkey and fish?*

¿Le gusta la carne de res, puerco, borrego, pavo y pescado?

P. *I don't like turkey and fish.*

No me gusta el pavo ni el pescado.

D. *Do you like the meat entrees?*

¿Le gustan las carnes que damos en los alimentos?

P. *Yes, but I can't eat them.*

Sí, pero no las puedo comer.

D. *Why is it?*

¿Porque?

P. *I wear dentures. The steaks and chops are to tough to chew.*

Uso dientes postizos. Los bistecs y las chuletas estan muy duras para masticar.

D. *Would you like to try some softer meats such as hamburger patty or chicken?*

¿Le gustaría comer carnes más blanditas como carne de hamburguesa o pollo?

P. *Yes.*

Sí.

D. *Do you like vegetables such as green beans, carrots, peas, corn and potatoes?*

¿Le gustan las verduras como ejotes, zanahorias, chícharos, maíz y papas?

P. *I don't like green beans and peas.*

No me gustan los ejotes ni los chícharos.

D. *Do you like soups or salads?*

¿Le gustan los caldos o las ensaladas?

P. *I like soups.*

Me gustan los caldos.

D. *How are you tolerating the food so far?*

¿Como está tolerando los alimentos hasta ahora?

P. *I feel nauseated and can't keep any food down.*

Tengo náusea, y no puedo mantener alimentos en el estómago.

D. *Try some 7-up and crackers.*

Trated de tomar bebidas carbonatadas como 7-up y galletas saladas.

P. *I can't eat too much at a time.*

No puedo comer mucho a una vez.

D. *Would you like some snacks inbetween meals?*

¿Le gustaría comer algo entre comidas?

P. *Yes, I would like some gelatine?*

Sí, me gustaría comer gelatina.

D *Do you like coffee or tea?*

¿Le gusta el café o té?

P. *I like coffee with my breakfast and tea with my supper meal.*

Me gusta el café para el desayuno y té para la cena.

D. *Do you have any questions?*

¿Tiene preguntas?

D. *Have you been on any special diet before?*

¿Ha estado en una dieta especial anteriormente?

D. *Your doctor has prescribed a _____ diet for you.*

Su doctor ha prescritó una dieta _____ para usted.

D. *Are you familiar with the diet?*

¿Está familiarizado con esta dieta?

D. *Who does the grocery shopping and cooking for you?*

¿Quién va al mandado y cocina para usted?

P. *My wife/husband/friend.*

Mi esposa/esposo/amigo(a).

D. *When is the best time for her/him to come so that I can discuss your diet with both you and your wife/husband/friend?*

¿Cual es la mejor hora que puede venir ella/el para discutir la dieta con su esposa/esposo/amigo(a).

DIETARY INTERVIEW

How tall are you?
¿Cuál es su estatura?

How much do you weigh?
¿Qué tanto pesa?

How long have you had this weight?
¿Cuánto tiempo ha tenido usted este peso?

Do you have any weight gain or weight loss in the last six months?
¿Ha subido o bajado de peso en los últimos seis meces?

What time did you get up in the morning?
¿A que hora se levanta en la mañana?

What time do you eat your breakfast?
¿A qué horas desayuna usted?

What do you usually eat at breakfast?
¿Qué come en el desayuno?

How many eggs do you eat?
¿Cuántos huevos come usted?

How are your eggs prepared?
¿Como prepara sus huevos?

How much margarine or butter do you put on your tortilla?
¿Qué tanta margarina o mantequilla le pone a su tortilla?

What do you drink with your meals?
¿Qué bebidas toma con sus alimentos?

Do you eat or drink anything between breakfast and lunch/lunch and dinner?
¿Come o bebe usted entre el desayuno y la merienda/merienda y cena?

Do you bring a sack-lunch to work?
¿Lleva su merienda al trabajo?

*Do you eat your lunch meal out?
¿Come su merienda en restaurante?

*What foods do you order when you eat out?
¿Qué clase de comidas ordena usted cuando come en restaurante?

*Is dinner your biggest meal of the day?
¿Es la cena el alimento más grande del día?

*Wh t do you usually eat for dinner?
¿Qué come casi siempre en la cena?

*What vegetables do you like?
¿Qué verduras le gustan?

*Do you eat sweet desserts with your meals?
¿Come usted postres dulces con sus alimentos?

*What do you usually do after dinner?
¿Qué hace usted casi siempre después de la cena?

*Do you snack at night?
¿Come golosinas en la noche?

*What are some of your snack foods?
¿Qué clase de golosinas come usted?

*What time do you go to bed?
¿A qué horas se acuesta usted?

*Who has the responsability of planning the meals at your house?
¿Quien tiene la responsabilidad en la preparación de sus alimentos en el hogar?

*What did you weigh before pregnancy?
¿Cuanto pesó antes de embarazo?

*What is different about the food you eat on the weekend?
¿Qué es diferente de la comida que come en el fin de semana?

*Do you ever drink any beer/ wine/or liquor?
¿Ha tomado cerveza/vino/o licor?

*Do you have any craving for special foods?
¿Tiene gran deseos de alguna comida especial?

*Do you use salt when you cook foods?
¿Usa sal cuando cocina comidas/alimentos?

*Do you add salt to the food after it's cooked?
¿Le agrega sal a la comida después de que esté preparado?

*Did you take vitamins and minerals before you came to see the doctor?
¿Tomo vitaminas y minerales antes de venir a ver al doctor?

*What type of vitamins/minerals do you take?
¿Que tipo de vitaminas/minerales toma?

*Who usually shops for your groceries?
¿Quien casi siempre compra sus alimentos?

*Where do you do most of your shopping?
¿Donde compra sus alimentos?

*How often do you buy your groceries?
¿Que tan seguido compra sus alimentos?

About how much money do you spend in total each week in the supermarket or grocery store?
¿Como qué tanto dinero gasta en la compra de sus alimentos cada semana en el supermercado o tienda?

About how much of that was spent on food for your family?
¿Como qué tanto de éste dinero fué gastado para la compra de alimentos?

How many people live in your house or apartment?
¿Que tantas personas viven en su casa o apartamento?

Who does the shopping for you?
¿Quién va de compras para usted?

Who does the cooking for you?
¿Quién cocina para usted?

Do you have enough kitchen/cooking/eating utensils?
¿Tiene suficiente utensilios de cocina/cocinar/comer?

Do you have a refrigerator?
¿Tiene un refrigerador?

Do you have any storage space?
¿Tiene espacio para almacenar comida?

Do you have any food allergies?
¿ Es alergico a algún alimento?

Do you have any problems chewing?
¿Tiene problemas al masticar?

Do you wear dentures?
¿Usa dentadura postiza?

How is your appetite?
¿Tiene apetito?

Are you able to eat in the dining room?
¿Puede usted comer en el comedor?

Are you able to self feed?
¿Puede darse de comer sola/o?

Are you taking medications affecting the diet such as insulin, diuretics or laxatives?
¿Está usted tomando algún medicamento que afecte la dieta como insulina, diureticos o laxantes?

Have you been on a special diet?
¿Ha estado en una dieta especial?

Is there a Food Stamp program in the area where you live?
¿Hay un programa de compra de Cupones de Alimentos en la vecindad donde vive usted?

Are you eligible to buy Food Stamps?
¿Es elegible para comprar Cupones de Alimentos?

Do you buy Food Stamps?
¿Compra usted Cupones de Alimentos?

SUGGESTIONS FOR NORMAL NUTRITION
SUGERENCIAS PARA NUTRICION NORMAL

We have to eat a well-balanced diet to maintain good health.
Tenemos que comer una dieta balanceada para mantener buena salud.

A well-balanced diet will provide us with calories and necessary nutrients for activity and growth/weight maintenance.
Una dieta balanceada nos proporciona calorías y nutrimentos necesarios para mantenimiento de actividades y crecimiento/peso.

To ensure good nutrition, you may use this Food Guide to plan your daily menu.
Para asegurar buena nutrición, usted puede usar esta Guía de Alimentación para planear su menú diariamente.

Foods are divided into Four Basic Food Groups and they should be included in your meals every day.
Alimentos estan divididos en Cuatro Grupos Básicos y deben de ser incluídos en sus alimentos todos los días.

They are (1) milk and milk products, (2) meat and meat substitutes, (3) fruits and vegetables, and (4) breads and cereals.
Estos son (1) leche y productos de leche, (2) carne y substitutos de carne, (3) frutas y verduras, y (4) pan y cereales.

Like a basic house consisting of four rooms- a bedroom, a living room, a kitchen and a bathroom, a person will need these four rooms to have a comfortable living.
Como una casa básica que consiste de cuatro habitaciones- una recámara, una sala, una cocina y un baño, una persona va a necesitar cuatro habitaciones para vivir confortable.

Likewise, you will require these Four Basic Food Groups for optimal nutrition.
Asimismo, usted va a requerir este Grupo de Los Cuatro Alimentos Básicos para obtener nutrición adecuada.

Include these foods in your daily menu and consume the recommended number of servings from each Food Group.
Incluir estos alimentos en su menú diariamente y consuma el número de porciones recomendada de cada Grupo de Alimentos.

MILK GROUP (GRUPO DE LECHE):

Children need 3 or more glasses of milk every day.
Los niños necesitan 3 o más vasos de leche diariamente.

Teenagers need 4 or more glasses of milk every day.
Los jovenes necesitan 4 o más vasos de leche diariamente.

Adults need 2 or more glasses of milk every day.
Los adultos necesitan 2 o más vasos de leche diariamente.

Pregnant and nursing mothers need 4 or more glasses of milk every day.
Las mujeres embarazadas y madres dando pecho necesitan 4 o más vasos de leche diariamente.

*Other milk products such as cheese, pudding, and cream soups can take place of part of the milk.
Otros productos de leche como queso, pudín, y caldos/sopas preparados con leche pueden tomar/suplir parte de la leche.

MEAT AND MEAT SUBSTITUTE (CARNE Y SUBSTITUTO DE CARNE):

*You need two servings of meat every day.
Usted necesita dos porciones de carne diariamente.

*One serving of meat is a two-ounce serving of beef, pork, chicken, turkey, tripe, liver or fish.
Una porción de carne son dos onzas de carne de res, carne de puerco, pollo, pavo/guajolote, mondongo, hígado o pescado.

*Nuts are good sources of protein.
Las nueces contienen gran cantidad de proteína.

*Some of the foods such as nuts, seeds, dry beans (pinto, garbanzo, soy, kidney beans), dried peas, peanut butter and cheese are also good sources of protein.
Ciertas comidas como nueces, semillas, frijoles secos (pinto, garbanzos, fríjol soya o judía), chícharos secos, mantequilla de cacahuate y queso contienen gran cantidad de proteína.

*You may use some of these foods instead of your meats.
Puede usar estas comidas en vez de carne.

*Pregnant women should eat at least 3-4 servings of meat or substitutes every day.
Las mujeres embarazadas deben de comer por lo tanto 3 a 4 porciones de carne o substitutos de carne diariamente.

FRUITS AND VEGETABLES (FRUTAS Y VERDURAS):

*You should eat four or more servings every day.
Debe de comer cuatro o más porciones diariamente.

*Include one serving of a fruit or a vegetable rich in vitamin C every day.
Incluir una porción de fruta o verdura rica en vitamina C diariamente.

*Some of the fruits that are rich in vitamin C are: orange, orange juice, grapefruit, grapefruit juice, strawberries, cantaloupe, papaya.
Algunas de las frutas que contienen gran cantidad de vitamina C son: naranjas, jugo de naranja, toronja, jugo de toronja, fresas, melón, papaya.

*Some of the vegetables that are rich in vitamin C are: fresh chili pepper, cactus leaves, cactus fruit, spinach, broccoli, cabbage, tomatoes, cilantro.
Algunas de las verduras que contienen gran cantidad de vitamina C son: chiles frescos, nopales, tuna, espinacas, bróculi, repollo, tomates y cilantro.

*Also include one serving of a fruit or vegetable rich in vitamin A at least every other day.
También incluir una porción de fruta o verdura rica en vitamina A por lo menos cada dos días.

*Some of the fruits that are rich in vitamin A are: apricots, cantaloupe, mango.
Algunas de las frutas que contienen gran cantidad de vitamina A son: chabacanos/albaricoque, melón, mango.

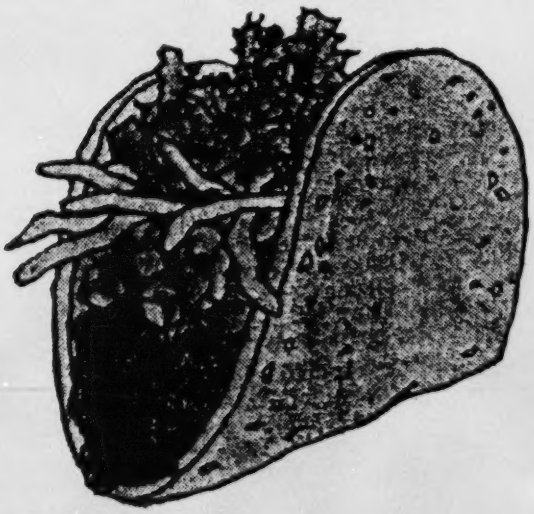
*Some of the vegetables that are rich in vitamin A are: carrots, sweet potatoes, broccoli, spinach, parsley, watercress.
Algunas de las verduras que contienen gran cantidad de vitamina A son: zanahorias, camote, bróculi, espinacas, perejil, berro.

BREADS AND CEREALS (PAN Y CEREALES):

*You should eat at least four or more servings every day.
Debe de comer cuatro o más porciones diariamente.

*Emphasize whole grain or enriched bread and cereal products.
Haga enfasis en productos de pan y cereales de grano entero y enriquecidos.

*These are tortillas, corn flour (masa harina), hominy, bran, hot and dry cereals, rice, cornmeal, bread, crackers, macaroni, noodles, spaghetti and pasta products.
Estos son tortillas, masa harina, maíz machacado o nixtamal, cebada, cereales cocidos o preparados, arroz, harina de maíz, pan, galletitas, macarrón, tallarines, spagueti y productos de pasta.



Common Nutritional Problems and Suggestions

SUGGESTIONS FOR MORNING SICKNESS AND NAUSEA
SUGERENCIAS PARA TRASTORNOS O NAUSEA POR LA MAÑANA

Be sure to have plenty of fresh air in the room when you sleep. The odor of soiled clothes and other household odors in the room when you sleep may upset your stomach.
Asegúrese de tener suficiente aire fresco en el cuarto en que duerme. El olor de la ropa sucia y otros olores de casa en el cuarto en que usted duerme, pueden trastornarle el estómago.

Place some dry cereal or dry bread within reach of your bed. You can use toast, dry bread, dry biscuits, ready-to-eat cereals, crackers or bread sticks.
Procure tener un pedazo de pan seco o cereal seco junto a la cama. Puede utilizar pan tostado, pan seco, galletas secas, cereales que no se cocinen o sean listos para comerse o galletas saladas.

Before you get up in the morning, eat some of the dry bread or cereal. You may use a little jelly on the bread. Do not use butter or margarine.
Antes de levantarse en la mañana, coma un poco de pan seco o cereal. Si usted unta un poco de jalea al pan, le dará mejor sabor, pero nunca use mantequilla o margarina en su pan.

Get up very slowly. Avoid sudden movements when getting out of bed.
Cuando se levante hagalo muy despacio. No haga movimientos bruscos cuando salga de la cama.

Be sure that the window is open when you cook breakfast to get rid of the odor of cooking foods.
Asegúrese de tener la ventana abierta cuando esté cocinando el desayuno con el fin de deshacerse del olor de los guisados.

Eat several small meals a day instead of three large ones, because you are more likely to feel nauseated when your stomach is empty.
Coma pequeñas porciones de alimentos durante el día en lugar de comer tres veces al día, porque está más propensa a sentir náuseas cuando el estómago está vacío.

Fats, greasy foods and highly seasoned foods tend to upset the stomach. Avoid fried foods, foods cooked with oil or fats. Use spices such as garlic, chili, pepper and onion sparingly.
Grasas y comidas con mucha grasa tienden a trastornar el estómago. Evite comidas fritas, comidas cocinadas con aceite o grasas. Use condimentos y especies como ajo, chile, pimienta y cebolla ocasionalmente.

Do not drink fluids or eat soups at mealtime. If you are thirsty try eating some ice chips.
No tome bebidas líquidas o coma caldos en la comida. Si tiene sed coma pedacitos de hielo.

When you feel nauseated, eat or drink a small amount of these foods: dry cereal, crackers, fruit juices or carbonated beverages.
Cuando usted se siente con náuseas, coma o tome pequeña cantidades de éstos alimentos: cereales secos, galletas saladas, jugo de frutas o bebidas gaseosas.

*If your problem persists, be sure to tell your doctor. He may give you some medicine to help you.
Si continua con este problema, esté seguro de comunicarse con su doctor. El podrá recetarle alguna medicina que le ayude.

Reference: When you Have Morning Sickness or Nausea. County of Los Angeles Health Department, Division of Public Health Nutrition, 1969.

SUGGESTIONS FOR VOMITING
SUGERENCIAS PARA VOMITO

Do not eat any solid foods.
No coma comidas sólidas.

Sweet sensations to the tongue may help alleviate the sensation to vomit.
Sensaciones dulces a la lengua pueden ayudar a desminuir la sensación a vomitar.

Try to suck on a piece of hard candy until it dissolves.
Trate de chupar un dulce duro hasta que se desbarate.

Or try to suck ice chips or fruit flavored ice.
O trate de chupar pedacitos de hielo o hielitos con sabores.

Drink small sips of clear liquids such as apple juice, grape juice, broth, carbonated beverages and tea.
Trate de beber a tragos pequeños de líquidos claros como jugo de manzana, jugo de uva, cubitos de caldo, bebidas gaseosas y té.

When vomiting is controlled, you may add some crackers or dry toast to your diet.
Cuando su vomito esté controlado, puede agregar galletas saladas o pan tostado seco a su dieta.

Rest and lie down after eating.
Descanse y acuestese después de comer.

Gradually you may eat some soft foods. Avoid foods with strong or distinctive flavor and spicy foods, for a few days.
Poco a poco puede comer comidas blanditas. Evite comidas con gran cantidad de condimentos y especies, por unos cuantos días.

SUGGESTIONS FOR DIARRHEA
SUGERENCIAS PARA DIARREA

Do not eat any solid foods until diarrhea is controlled.
No coma comidas sólidas hasta que la diarrea esté controlada.

Drink some clear liquids such as broth, apple juice, grape juice, carbonated beverages and tea.
Tome líquidos claros como cubitos de caldo, jugo de manzana, jugo de uva, bebidas gaseosas y té.

This may enable the bowel to rest and is effective in helping to control diarrhea and to prevent dehydration.
Puede ser que esto facilite que el intestino descanse y sea efectivo en controlar la diarrea y prevenir deshidratación.

Then you may progress to "B.R.A.T." diet consisting of bananas, rice, peeled apples and dry toast in addition to the clear liquids.
Entonces puede progresar a una dieta que consiste de plátanos, arroz, manzanas sin cascara y pan tostado seco en adición a los líquidos claros.

As diarrhea diminishes, you may add some soft, low fiber foods to the diet and eventually regular foods as tolerated.
Cuándo la diarrea comience a disminuir, puede agregar comidas blanditas, bajas en fibra y con el tiempo agregar comidas que puede tolerar.

SUGGESTIONS FOR CONSTIPATION
SUGERENCIAS PARA ESTREÑIMIENTO

1. *After getting up in the morning, drink one or two glasses of warm water or cold liquid. This may be helpful in stimulating bowel movement.*
1. Cuando se levante en la mañana, tome uno o dos vasos de agua caliente o líquido frío. Puede ser que esto le ayude en la estimulación de la evacuación del intestino.

2. *Be sure to include 8-10 glasses of liquid daily.*
2. Esté seguro de incluir 8-10 vasos de líquido por día.

3. *Diet should contain sufficient fiber to add bulk and to induce bowel movement.*
3. La dieta debe de contener suficiente fibra para añadir bulto y inducir estimulación de evacuación del intestino.

4. *Bran is an excellant fiber. Begin using bran in very small amounts and gradually increase the amount if tolerated.*
4. Salvado contiene gran cantidad de fibra. Comience a usar salvado en cantidades pequeñas y poco a poco aumentar la cantidad si es tolerado.

5. *Also include a lot of fresh fruits, dried fruits and raw vegetable salad in the diet.*
5. Incluyendo también gran cantidad de fruta fresca, fruta seca y ensalada de verduras en la dieta.

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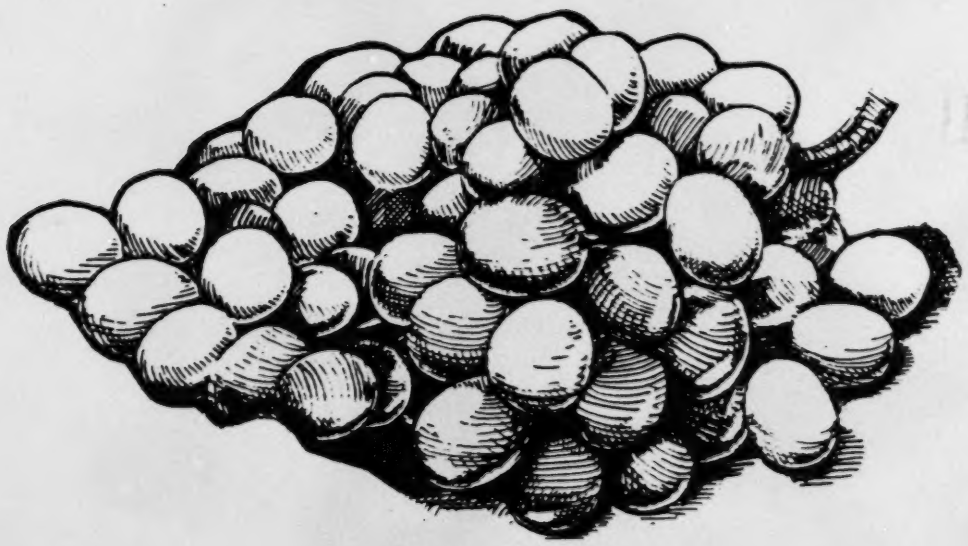
Modified Diets and Suggestions



HIGH FIBER DIET
DIETA ALTA EN FIBRA

* *Your doctor wants you to follow a high fiber diet when you go home.*
  Su doctor quiere que siga una dieta alta en fibra cuando se vaya a su casa.

* *This diet will help to decrease transit time through the intestine.*
  Esta dieta le va ayudar a reducir el tiempo tránsito en su intestino.

* *Foods that are high in fiber content are fresh fruits, fresh vegetables, whole grain cereal products and nuts.*
  Comidas que contienen gran cantidad de fibra son frutas frescas, verduras frescas, productos de cereal de grano entero y nueces.

* *Include two to three servings of these foods at each meal.*
  Incluye dos a tres prociones de estas comidas en cada alimento.

* *Eat fresh fruits or fresh vegetable sticks as snacks between meals.*
  Coma frutas frescas o palillos de verdura fresca como aperitivos entre comida.

GUIDELINES (GUIA):

BREADS AND CEREALS (PANES Y CEREALES):

* *Use 100% whole wheat or whole rye bread; whole wheat flour tortillas; brown rice; bran and whole grain cereals.*
  Use pan de 100% grano entero o de centeno entero; tortillas preparadas con harina de trigo; arroz café; productos de cereal de grano entero y de salvado.

* *Use sparingly: Refined white or wheat bread and crackers; noodles.*
  Use parcialmente: Pan y galletas preparadas con harina refinada blanca y de trigo; tallarines (pastas).

FRUITS (FRUTAS):

* *Use fresh or dried fruits.*
  Use frutas frescas o secas.

* *Use sparingly: Fruit juice and canned fruits.*
  Use parcialmente: Jugo de fruta y fruta de bote.

VEGETABLES (VERDURAS):

* *Use fresh vegetables especially raw in salads.*
  Use verduras frescas especialmente crudas en ensaladas.

* *Do not overcook vegetables.*
  No cocine demás las verduras.

* *Use sparingly: Tomato or vegetable juice; overcooked vegetables.*
  Use parcialmente: Jugo de tomate o de verduras; verduras muy cocidas.

DESSERTS (POSTRES):

* *Select those containing fruits and nuts such as strawberry cake or banana nut bread, fruited jello.*
  Escoja los postres que contengan frutas y nuces como queque de fresas o pan de plátano con nueces, gelatina con fruta.

SNACKS (GOLOCINAS):

*Emphasize fresh fruit, raw vegetable sticks, nuts and whole wheat, whole rye or graham crackers.
Enfasis en fruta fresca, palillos de verdura fresca, nueces y galletas preparadas con grano entero o de centeno y de salvado.

SUGGESTIONS FOR BLAND DIET
SUGERENCIAS PARA DIETA BLANDA

*It is important to eat three small meals and three snacks every day.
Es importante comer tres comidas pequñas y entre comidas diariamente.

*You should have some food in your stomach to neutralize the stomach acid.
Es importante que tenga comida en su estómago siempre para neutralizar el ácido en su estómago.

*Some of the foods you should avoid are: coffee, strong tea, pepper and alcohol including beer, wine or liquor.
Algunas de las comidas que son prohibidas son: café, té fuerte, pimienta y alcohol incluyiendo cerveza, vino y licor.

*These foods tend to irritate your stomach and help produce more acid and therefore should be avoided.
Estas comidas irritan su estómago y producen más ácido y por lo tanto deben prohibirse.

*Depending on an individual's tolerance, if fried rich foods with gravy and sauces don't agree with you, avoid them.
Dependiendo en la tolerancia de una persona, si las comidas ricas fritas y con salsas no son de acuerdo para su sistema debe de prohibirlas.

*The following foods may produce a lot of gas in some individuals. If you seem to have this problem avoid them. These are: dry beans, onions, brussel sprouts, cabbage, broccoli.
Las siguientes comidas pueden producir mucho gas en ciertas personas. Si tiene este problema evite estas comidas. Estas son: frijoles/legumbres, bruselas, repollo, bróculi.

LOW CHOLESTEROL-MODIFIED FAT DIET
DIETA BAJA EN COLESTEROL-MODIFICADA EN GRASA

This diet will help lower your blood cholesterol.
Esta dieta le va ayudar a reducir la cantidad de colesterol en su sangre.

Egg yolks contain a lot of cholesterol. Limit their intake to not more than three egg yolks a week.
Yemas de huevo contienen gran cantidad de colesterol. Límite su uso a no más de tres yemas por semana.

Use non-fat milk or low-fat milk.
Use leche descremada o baja en grasa.

Choose cheeses made with part skim milk or low in fat. For example, Mexican soft cured cheese.
Use quesos preparados con leche descremada o leche baja en grasa. Por ejemplo, queso Mexicano de rancho (panela).

Use poultry without skin, fish and lean meat.
Use aves sin pellejo, pescado y carnes desgrasada.

Trim off all visible fat before cooking.
Quite toda grasa visible antes de cocinarla.

Use chicken, turkey and fish more frequently than lean meats.
Use pollo, pavo y pescado más frequente que carne desgrasada.

Avoid animal fats such as butter, lard, cream, whole milk, whole milk cheeses and fatty meats.
Evite grasa animal como mantequilla, manteca, crema, leche entera, quesos preparados con leche entera y carnes que contengan gran cantidad de grasa.

Use vegetable oil or allowed margarine in cooking. The recommended oils are: safflower, corn, sesame, sunflower seed and cottonseed oils.
Use aceite vegetal o margarina permitida cuando prepare sus alimentos. Los aceites recomendados son: cartamo, maíz, ajonjoli, semilla de girasol y semilla de algodón.

Do not use any products that contain coconut oil or palm oil.
No use aceites que contengan aceite de coco o aceite de árbol de palma.

They may be found in non-dairy cream, milk substitite and some commercial bakery products.
Se pueden encontrar en crema preparada sin productos de leche, substituto de leche y algunos productos comerciales.

Use plain breads and cereals: tortillas made with water (no lard), wheat or white bread, or hot cereals.
Use panes y cereales sencillos: tortillas preparadas con agua (evite manteca), pan de trigo o blanco, cereales cocidos.

All starches are allowed provided that they are made with allowed fat.
Todo almidones son permitidos con tal que sean preparados con las grasas permitidas.

These include potatoes, sweet potatoes, noodles, macaroni, rice and dry beans.
Estos incluyen papas, camotes, tallarines, macarrón, arroz y frijoles.

*All vegetables and fruits are allowed except avocados and olives. Use them occasionally.
Toda verduras y frutas son permitidas con excepción de aguacate y aceitunas. Uselos ocasionalmente.

*Soups and broths are permitted if they are made with the allowed foods
Sopas y caldos son permitidos si son preparados con los ingredientes permitidos.

*Do not use prepared Mexican-bread, cookies, cakes, pies, pastries and ice cream.
No use productos preparados como pan dulce, galletas, queque, pasteles, pastelillos y nieve.

*Desserts permitted are: angel food cake, gelatine dessert, sherbet, fruit ice and low-fat frozen yogurt.
Postres permitidos son: queque tipo angel, gelatina, helado tipo sherbet, helado de agua y yogurt congelado preparado con leche baja en grasa.

SUMMARY (SUMARIO)

MILK GROUP (GRUPO DE LECHE):

*Use non-fat or low-fat milk.
Use leche descremada o leche baja en grasa.

*Avoid: Whole milk and whole milk drinks.
Evite: Leche entera y bebidas preparadas con leche entera.

MEAT GROUP (GRUPO DE CARNE):

*Liver and shrimp may be used once a week.
Hígado y camarón se pueden usar una vez por semana.

*3 egg yolks per week.
3 yemas por semana.

*Use 6-8 oz. poultry, fish and lean meat.
Use 6-8 oz. aves, pescado y carne descremada.

*Use part skim milk and low-fat cheeses.
Use parte leche descremada y quesos preparados con leche baja en grasa.

*Use peanut butter labeled "old fashioned".
Use mantequilla de cacahuate con la etiqueta "old fashion".

*Use lentils, legumes and dry beans cooked with allowed fats.
Use lentejas, legumbres y frijoles cocidos con aceites permitidos.

*Avoid: Fatty meats such as bacon, pork sausages, cold cuts, hot dogs, tripe, brains, kidney, skin of chicken and turkey. Whole milk cheeses such as cheddar cheese, Swiss cheese and Jack cheese.

Evite: Carne con mucha grasa como tocino, chorizo, fiambres, salchichas, tripas, sesos, riñones, pellejos de pollo y pavo. Quesos preparados con leche entera como queso tipo cheddar cheese, tipo Swiss cheese y tipo Jack cheese.

FRUIT AND VEGETABLE GROUP (GRUPO DE FRUTA Y VERDURA):

*All fruits and vegetables are allowed. Use olives and avocados sparingly.
Toda frutas y verduras son permitidas. Use aceitunas y aguacates ocasionalmente.

BREAD AND CEREAL GROUP (GRUPO DE PAN Y CEREAL):

*Use plain breads.
Use panes sencillos.

*Saltines and graham crackers.
Galletas saladas y de salvado.

*All cooked and dry cereals.
Todo cereal cocido y preparado.

*Rice, noodle and macaroni products.
Productos de arroz, tallarines y macarrón.

*Avoid: Breads or rolls with fat not allowed.
Egg noodles.
Tortillas made with lard.
Avoid: Panes y panecillos preparados con grasa no permitido.
Tallarines preparados con huevo.
Tortillas preparados con manteca.

FATS (GRASAS):

*Vegetable oils such as safflower, corn, sunflower seed, sesame and cottonseed oils.
Aceites vegetal como cartamo, maíz, semilla de girasol, semilla de ajonjolí y de algodón.

*Use margarine that contain one of the liquid oils as the first ingredient on its label.
Use margarina que contenga uno de los aceites como el primer ingrediente en la etiqueta.

*Avoid: Butter, cream, lard and shortening.
Evite: Mantequilla, crema, manteca y manteca vegetal.

DESSERTS AND CANDIES (POSTRES Y DULCES):

*Angel food cake, gelatine dessert, sherbet and fruit ice.
Queque tipo angel, gelatina, helado tipo sherbet y helado de agua.

*Hard candies, gum drops and marshmallows.
Dulces duros, dulces de gelatina y bonbones de gelatina.

*Avoid: Commercial cookies, cakes, pies and pastries.
Chocolate and cream candies.
Evite: Galletas preparadas comercialmente, queques, pasteles y pastelillos.
Dulces de chocolate y dulces preparados con crema.

SOUPS (CALDOS):

*Broths and soups made with alllowed foods and fats.
Caldos y sopas preparadas con comida y grasas permitidas.

*Avoid: Cream soup and soups or broths containing animal fats.
Evite: Caldos y sopas preparadas con grasa animal.

SODIUM RESTRICTED DIET
DIETA RESTRICTA EN SODIO

Your doctor wants you to follow a low-sodium diet to prevent water retension.
Su doctor quiere que usted siga una dieta baja en sodio para prevenir la retención de agua en su cuerpo.

Water retention is harmful to your body because it may make your heart work harder and your blood pressure to go up.
La retención de agua es peligrosa porque puede que haga que su corazón trabaje más y la presión de la sangre que se eleve.

This diet will help ease the work of your heart and to keep your blood pressure normal.
Esta dieta va a facilitar el trabajo a su corazón y mantener la presión de su sangre normal.

You should not use salt in cooking and at the table.
No debe de usar sal cuando esté cocinando o en la mesa.

Avoid all salt-containing condiments such as celery salt, garlic salt, onion salt, seasoning salt, steak sauce, worcestershire sauce, meat tenderizer, mono-sodium glutamate, catsup, mustard and soy sauce.
Evite todo condimento que contenga sal como sal de apio, sal de ajo, sal de cebolla, sal para sasonar, salsa de bistec, salsa worcestershire, ablandador de carne, mono-sodio glutamato, catsup, mostaza y salsa soya.

Do not use foods containing a lot of added salt. Some foods (example bread) with a small amount of added salt are allowed in limited quantity.
No use comidas que contengan gran cantidad de sal adicional. Algunas comidas (ejemplo pan) con una cantidad pequeña de sal son permitidas en cantidad limitada.

Use only the amount as recommended.
Use únicamente la cantidad recomendada.

Do not exceed the amount as recommended.
No coma en exceso de la cantidad recomendada.

Here is a list of foods you may eat daily.
Aqui está una lista de comidas que puede comer diariamente.

1 GRAM SODIUM DIET DIETA DE 1 GRAMO DE SODIO

MILK (LECHE):

2 cups of milk (any kind, including yogurt) a day.
2 vasos de leche (cualquier clase, incluyendo yogurt) al día.

Avoid: *Cultured buttermilk.*
Evite: Leche agria cuajada culturizada.

MEAT & MEAT SUBSTITUTES (CARNE Y SUBSTITUTOS DE CARNE):

Use fresh or frozen without added salt.
Use fresca o congelada sin sal adicional.

*6 oz. cooked beef, pork, lamb, liver, chicken or fish...etc.
6 oz. de carne de res cocida, puerco, borrego, pollo o pescado...etc.

*Unsalted cheese.
Queso sin sal adicional.

*Unsalted canned tuna and salmon.
Atun y salmón enlatado sin sal adicional.

*Unsalted peanut butter.
Mantequilla de cacahuate sin sal adicional.

*Dried beans, lentils and peas cooked without salt.
Frijoles, lentejas y chicharos secos cocidos sin sal adicional.

*Avoid: Salted or cured meats.
Canned meats fish and beans.
Frozen prepared dinners or entrees.
Cheese containing salt.
Regular peanut butter.

Evite: Carnes curadas en sal o con sal adicional.
Carnes, pescado y frijoles enlatados.
Productos congelados y preparados comercialmente.
Quesos que contengan sal adicional.
Mantequilla de cacahuate regular.

FRUITS (FRUTAS):

*Use fresh, frozen, canned or dried fruits without sodium preservatives.
Use frutas frescas, congeladas, enlatadas o secas sin perservativos de sodio.

*All fruits and fruit juices.
Toda frutas y jugos de fruta.

*Avoid: Dried fruits containing sodium preservatives.
Evite: Frutas secas que contengan perservativos con sodio.

VEGETABLES (VERDURAS):

*Use fresh, frozen without salt and unsalted canned vegetables. Unsalted canned tomato and vegetable juices.
Use verduras frescas, congeladas sin sal adicional y verduras enlatadas sin sal adicional. Use jugo de tomate y verduras sin sal adicional.

*All vegetables are allowed except the following are allowed 1/2 cup a day: artichoke, beets, carrots, celery, greens or spinach.
Todas las verduras son permitidas con la excepción de las siguientes que son limitadas a 1/2 taza por día: alcachofa, betabeles, zanahorias, hojas verdes o espinacas.

*Home made unsalted chili sauce made with fresh or dried chili.
Salsa de chile sin sal preparada con chile fresco o seco.

*Avoid: Vegetables with added salt, canned or frozen.
Pickles, sauerkraut, olives.
Tomato and vegetable juices.

Evite: Verduras con sal adicional, enlatadas o congeladas.
Pepinos encurtidos, sauerkraut, aceitunas.
Jugos de tomate y verduras.

BREADS AND CEREALS (PANES Y CEREALES):

*3 slices regular bread a day.
3 rebanadas de pan regular.

*Unsalted noodle and pasta products prepared without salt added to water.
Tallarines y productos de pasta sin sal adicional y preparadas sin sal agregada al agua.

*Unsalted corn or flour tortillas.
Tortillas de maíz o harina sin adicional.

*Rice prepared without added salt.
Arroz preparado sin sal adicional.

*Hot cereal prepared without added salt.
Cereal cocido preparado sin sal adicional.

*Ready-to-eat dry cereals such as Puffed Wheat, Puffed Rice and Shredded Wheat.
Cereal listo para comer como trigo inflado, arroz inflado y cereal tipo Shredded Wheat.

*Unsalted crackers.
Galletas sin sal.

*Avoid: Seasoned rice and pasta products.
Instant hot cereals.
Dry cereals containing salt.
Crackers with salt topping and seasonings.
Pastries and donuts.

Evite: Arroz y productos de pastas sasonadas.
Cereales instántaneos para comer caliente.
Cereales listo para comer que contengan sal adicional.
Galletas que esten rociadas con sal y sasonadas.
Pastelillos y donas.

SOUPS (CALDOS):

*Home-made soups or broths prepared without salt.
Caldos y consommé preparados en casa sin sal adicional.

*Unsalted canned soups, broths and bouillon cubes.
Caldos enlatados, consommé y cubitos de caldo sin sal adicional.

*Avoid: Canned soups, bouillon cubes and dried soup mixes.
Evite: Caldos enlatados, cubitos de caldo y caldos preparados comercialmente en paquete.

DESSERTS (POSTRES):

*Fruit ices and fruit whips.
Helados de agua preparados con fruta.

*Gelatine dessert made with unflavored gelatine and fruit juices.
Postres preparados con gelatina hechos con gelatina sin sabores y jugos de fruta.

*Unsalted cakes, cookies and pies made with low-sodium baking powder and allowed ingredients.
Queques sin sal adicional, galletas y pasteles preparados con polvos para hornear bajos en sodio y con ingredientes permitidos.

*All fruits (see Fruit List).
Toda frutas (vea la Lista de Fruta).

*Avoid: Commercial cakes, cookies and pies.
Gelatine dessert.
Evite: Queques, galletas y pasteles comerciales.
Postres de gelatina.

FATS AND OILS (GRASAS Y ACEITES):

*Unsalted butter, margarine and mayonnaise.
Mantequilla, margarina y mayonesa sin sal adicional.

*Unsalted salad dressing.
Alderezo sin sal adicional.

*Cooking oil and salad oil.
Aceite para cocinar y aceite para ensaladas.

*Lard and shortening.
Manteca y manteca vegetal.

*Cream and non-dairy cream (small amount).
Crema y crema preparada sin productos de leche (en cantidad pequeña).

*Sour cream and cream cheese (small amount).
Crema agria y crema de queso (en cantidad pequeña).

*Avoid: Salted butter, margarine and mayonnaise.
Bacon, salt pork and fried pork rind.
Salad dressings containing salt.
Evite: Mantequilla, margarina y mayonesa sin sal adicional.
Tocino, carne de puerco curada en sal y chicharrones.
Aderezos de ensalada que contengan sal adicional.

SUGARS (AZUCARES):

*Sugar, honey, molasses.
Azucár, miel, melazas.

*Jam and jelly.
Conserva de frutas y jalea.

*Hard candies, gum drops and marshmallows.
Dulces de agua, pastilla de goma y bombones.

*Avoid: Chocolate candies.
Evite: Dulces de chocolate.

DO NOT USE THE FOLLOWING FOODS (NO USE LAS SIGUIENTES COMIDAS):

*Salty or cured meats such as bacon, sausages, ham, ham hocks, salt pork, luncheon meats, frankfurters, wieners, fried pork rind, pickled porks feet, pickled pork skin or chorizo.
Carnes con sal agregada or curadas como tocino, chorizo, jamón, patas de puerco, carnes frías, fiambres, salchichas, chicharrones o cueritos de puerco.

*Snack foods such as salted nuts and seeds, potato chips, corn chips, tortilla chips, pretzels and other snack crackers.
Golocinas como nueces y semillas con sal, papitas, tortillas fritas, pretzels en forma de anillo y galletas rociadas con sal adicional.

*Canned vegetables including canned tomato sauce and chili sauce.
Verduras enlatadas incluyendo salsa de tomate enlatada y salsa de chile.

*Bacon grease to fry foods.
Grasa de tocino para freír comidas.

*Over-the-counter medications such as Alka Seltzer, cough medicines, laxatives, sedatives and pain relievers.
Medicinas que se venden sin prescripción como alcalizantes (Alka-Seltzer y bicarbonato de soda), medicinas para la tos, laxantes, calmantes y remedios de dolor.

*Baking soda to relieve heartburn or indigestion.
Bicarbonato de soda para remediar cardialgía o indigestión.

*Canned soups, bouillon cubes and dried soup mixes.
Caldos enlatados, cubitos de caldo y caldos preparados comercialmente en paquete.

*Convenience foods such as frozen prepared dinners and canned meats or canned fish.
Platillos preparados como platillos congelados y carnes enlatadas o pescado enlatado.

*Foods containing added salt.
Alimentos que contengan sal adicional.

HANDY HINTS (SUGERENCIAS):

*Remember to read the label.
Recuerdese de leer la etiqueta.

*Use fresh meats and produce.
Use carne y verduras frescas.

*Use herbs and spices for flavoring.
Use hierbas y especies para dar sabor.

*Use fresh chili and tomatoes to make your own chili sauce.
Use chile y tomate fresco para hacer su propia salsa de chile.

*Cook all foods without salt. Your family members may add salt to their own portions at the table.
Cocine toda sus alimentos sin sal. Los miembros de su familia pueden agregar sal a su porción en la mesa.

2 GRAMS SODIUM DIET DIETA DE 2 GRAMOS DE SODIO

*This sodium-restricted diet is more liberal/ is less restricted.
Esta dieta restricta en sodio es más liberal/ no es tan restringida.

*Do not use salt in cooking and at the table.
No use sal cuándo cocine y en la mesa.

*Foods containing a lot of salt are not allowed.
Comidas que contienen mucha sal no son permitidas.

*Foods containing a small amount of salt are allowed in limited quantity.
Comidas que contienen una cantidad pequeña de sal son permitidas en cantidades limitadas.

*Do not exceed the amount recommended.
No coma en exceso de la cantidad recomendada.

MILK (LECHE):

*See same list for 1 Gram Sodium Diet.
Vea la misma lista para la Dieta de 1 Gramo de Sodio.

MEAT & MEAT SUBSTITUTES (CARNE Y SUBSTITUTOS DE CARNE):

*Use fresh or frozen without salt.
Use fresco o congelado sin sal adicional.

*1 egg per day.
1 huevo por día.

*8 oz. cooked beef, pork. lamb, liver, chicken or fish...etc.
8 oz. de carne cocida de res, puerco, borrego, hígado, pollo o pescado ...etc.

*Dried beans, lentils and peas cooked without salt.
Frijoles, lentejas y chícharos secos cocidos sin sal

*The following may be used once a day:
Lo siguiente se pueden usar una vez por día.

*1 oz. natural cheese (such as cheddar, Jack, Swiss, Mexican Ranch style), or
1 oz. de queso natural (como tipo cheddar, Jack, Suizo, Mexicano tipo rancho), o

*1/2 cup cottage cheese, or
1/2 taza de requesón, o

*1/4 cup canned tuna or salmon, drained, or
1/4 taza de atún o salmón enlatado, escurido, o

* 3 tablespoons peanut butter.
3 cucharadas de mantequilla de cacahuate.

*Avoid: Salted, cured and canned meats.
Frozen prepared dinners and entrees.
Processed cheeses such as American cheese, cheese food and cheese spread.
Canned beans.

Evite: Carnes con sal adicional, curada en sal y enlatadas.
Platillos preparados que estan congelados.
Quesos procesado como queso Americano, comidas con queso y mantequilla con queso.
Frijoles enlatados.

FRUITS (FRUTAS):

*See same list for 1 Gram Sodium Diet.
Vea la misma lista para la Dieta de 1 Gramo de Sodio.

VEGETABLES (VERDURAS):

*Use all fresh or plain frozen vegetables without salt.
Use toda verduras frescas o congeladas sin sal adicional.

*The following vegetables are allowed once a day (1/2 cup):
Las siguiente verduras son permitidas una vez al día (1/2 taza):

Canned vegetables including tomato sauce, or
Verduras enlatadas incluyendo salsa de tomate, o

Tomato and vegetable juice, or
Jugo de tomate y verduras, o

Plain frozen vegetables containing some added salt.
Verduras congeladas simples que contengan una pequeña cantidad de sal adicional.

Avoid: Pickles, sauerkraut and olives.
Evite: Pepinos encurtidos, sauerkraut y aceitunas.

BREADS AND CEREALS (PANES Y CEREALES):

See same list for 1 Gram Sodium Diet.
Vea la misma lista para la Dieta de 1 Gramo de Sodio.

Dry cereal containing salt may be used once a day (1/2 cup).
Cereal preparado que contenga sal puede usarse una vez al día (1/2 taza).

SOUPS (CALDOS):

See same list for 1 Gram Sodium Diet.
Vea la misma lista para la Dieta de 1 Gramo de Sodio.

DESSERTS (POSTRES):

Fruit ices and fruit whips.
Helados preparados con agua y fruta.

Gelatine dessert made with unflavored gelatine and fruit juices.
Postres de gelatina preparados con gelatina sin sabores y jugo de frutas.

All fruits.
Toda frutas.

The following may be used once a day:
Lo siguiente se puede usar una vez al día.

1 small piece of cake, or
1 pedazo de queque pequeño, o

4 small cookies, or
4 galletas pequeñas, o

1/8 pie, or
1/8 de pastel, o

1 cup flavored gelatine dessert.
1 taza de gelatina con sabores.

FATS AND OILS (GRASAS Y ACEITES):

See same list for 1 Gram Sodium diet.
Vea la misma lista para la Dieta de 1 Gramo de Sodio.

Salted butter, margarine or mayonnaise are limited to 3 teaspoons per day.
Mantequilla, margarina o mayonesa con sal son limitadas a 3 cucharaditas por día.

*Avoid: *Bacon, salt pork and fried pork rind.*
Salad dressing containing salt.
Evite: Tocino, carne de puerco curada en sal y chicharrones.
Aderezos de ensaladas que contengan adicional.

SUGARS (AZUCARES):

**See same list for 1 Gram Sodium Diet.*
Vea la misma lista para la Dieta de 1 Gramo de Sodio.

POTASSIUM-RICH FOODS
COMIDAS RICAS EN POTASIO

You are taking a medication to get rid of the extra water in the body. Besides losing water, you are losing potassium.
Está tomando un medicamento para deshacerse del exceso de agua en su cuerpo. Además de arrojar agua, usted también está arrojando potasio.

If you do not have sufficient amount of potassium in your body, you may feel tired and weak.
Si usted no tiene la cantidad suficiente de potasio en su cuerpo, puede ser que se sienta cansada y sin fuerzas.

Your doctor wants you to take supplemental potassium in the form of potassium chloride medicines and also eat foods that are high in potassium content.
Su doctor quiere que tome suplementos de potasio en la forma de medicinas de cloruro de potasio y que también coma comidas que contengan gran cantidad de potasio.

Use the following foods frequently:
Use las siguientes comidas frequentemente:

MILK PRODUCTS (PRODUCTOS DE LECHE):

At least two servings.
Por lo menos dos porciones.

These include milk, cheeses, yogurt and ice cream.
Estos incluyen leche, quesos, yogurt y nieve.

Use dry milk powder in cooking to increase intake.
Use leche de polvo al cocinar para aumentad la cantidad que come.

MEAT PRODUCTS (PRODUCTOS DE CARNE):

These foods are good sources of potassium, especially fish and liver.
Este grupo contiene gran cantidad de potasio, especialmente pescado y hígado.

Have at least two servings per day (total of 8 ounces).
Por lo tanto coma dos porciones por día (total de 8 onzas).

MEAT SUBSTITUTES (SUBSTITUTOS DE CARNE):

Dried beans, peas and lentils are good sources.
Frijoles, chícharos secos y lentejas contienen gran cantidad.

FRUITS & FRUIT JUICES (FRUTAS Y JUGO DE FRUTAS):

At least 4-6 servings per day.
Por lo tanto 4-6 porciones por día.

All fruits and fruit juices are good sources of potassium especially the following:
Toda frutas y jugo de frutas contienen gran cantidad de potasio especialmente las siguientes:

Apricots	Chabacanos (albaricoque)
Bananas	Plátanos
Breadfruit	Panapén

Cantaloupe	Melón
Dates	Datiles
Guava	Guayaba
Honeydew	Melón "honeydew"
Mango	Mango
Orange	Maranja
Papaya	Papaya
Persimmon	Persimmon
Plantain	Plátano
Dried fruits	Fruta seca

VEGETABLES (VERDURAS):

*At least three servings per day.
Por lo tanto tres porciones por día.

*All vegetables are good sources of potassium especially the following foods:
Toda verduras contienen gran cantidad de potasio especialmente las siguientes comidas:

Beans, pinto and others	Frijoles (habichuelas)
Broccoli	Bróculi
Potato	Papa
Spinach	Espinaca
Sweet potato	Camote (batata)
Tomatoes	Tomates

MISCELLANEOUS (MISCELANEO):

*Salt substitute containing potassium chloride.
Substituto de sal que contenga cloruro de potasio.

*Low sodium products with added potassium chloride.
Productos bajos en sodio que contengan cloruro de potasio agregado.

DIABETIC DIET
DIETA DIABETICA

*All food we eat will turn into some sugar in the body and therefore raise the level of blood sugar.
Una porción de la comida que comenos se convierte en azúcar en el cuerpo y por lo tanto eleva el nivel de azúcar en la sangre.

*Diabetes is a condition in which our body is unable to make any or enough insulin to maintain a proper level of sugar in the blood.
Diabetes es una condición en que el cuerpo no puede producir o hacer suficiente insulina para mantener un nivel propio de azúcar en la sangre.

*If you do not have enough insulin, you must watch the foods you eat, take a drug or insulin.
Si no tiene suficiente insulina, tiene que tener mucho cuidado en lo que come, tomar una medicina o injectarse insulina.

*If you are overweight it is important for you to lose weight and to maintain your desirable body weight for the rest of your life.
Si está sobre peso es importante de que pierda de peso y mantenga su peso deseable por el resto de su vida.

*A diabetic diet is a well-balanced diet.
La dieta diabética es una dieta bien balanceada.

*You may eat regular foods except sugars and concentrated sweets. But watch the quantity of other foods that you eat.
Usted puede comer comidas regulares con la excepción de azúcar y dulces concentrados. También tiene que tener cuidado en la cantidad de comidas que come.

*It is important to eat at regular times.
Es muy importante comer a horas regulares.

*Do not skip meals.
No omita alimentos.

*The foods that we eat are divided into six groups:

(1) non-fat milk
(2) vegetables
(3) fruits
(4) breads
(5) meat and meat substitutes
(6) fats

Las comidas que comenos son dividas en seis groupos:

(1) leche descremada
(2) verduras
(3) frutas
(4) panes
(5) carne y substitutos de carne
(6) grasas

*You may have a specific number of servings from each group.
Puede que tenta un número specifico de las cantidades que puede comer de cada grupo.

*For each serving choose the food you want in the amount listed.
Por cada porción escoja la comida que quiere en la cantidad adecuada.

*Measure your foods with an 8 oz. cup, a set of measuring spoons and a small scale.
Mida sus comidas con una taza de 8 onzas, cucharas medidoras y una balanza pequeña.

*Measure the food after it is cooked.
Mida su comida después de cocinarlas.

*Here is a list of foods you must not eat.
Aquí está una lista de comidas que no debe comer.

*Here is a list of free foods you may eat as desired.
Aquí está una lista de comidas que puede comer como desee.

*At breakfast/lunch/dinner you may have one/two/three servings from the milk/vegetable/fruit/meat/bread/fat group.
En el desayuno/almuerzo/(la)cena usted va a tener una/dos,'tres porciones del grupo de leche/verdura/fruta/carne/pan/grasa.

*At bedtime you may have one/two servings from this group.
Al acostarse usted puede terner una/dos porciones de este grupo.

LIST OF FREE FOODS (LISTA DE ALIMENTOS SIN RESTRICCION):

*Artificial sugar (saccharin)
Substituto de azúcar (sacarina)

*Artificially sweetened jam/jelly
Jalea/mermelada endulzado artificialmente

*Bouillon or broth, fat free
Caldo en cubitos o consommé, sin grasa

*Cereal beverages (such as Postum)
Substitutos de café tipo Postum

*Coffee, decaffeinated beverages
Café, bebidas decafeinadas

*Club soda
Club soda

*Cranberries
Arándano

*Tea, herb tea
Té, té de hierba

*Unflavored gelatine, artificially sweetened gelatine
Gelatina sin sabores, gelatina endulzada artificialmente

*Sour and dill pickles
Pepinos agrios, encurtidos sin azúcar

*Sugar free carbonated beverages
Bebidas gaseosas, sin azúcar

*Water
Agua

NON-FAT MILK EXCHANGES
INTERCAMBIOS DE LECHE DESCREMADA

ALLOWED (PERMITIDO)	AMOUNT PER EXCHANGE CANTIDAD POR INTERCAMBIO
NON-FAT MILK (LECHE DESCREMADA)	
Skim milk or non-fat milk Leche descremada o sin grasa	*1 Cup* 1 Taza
Skim milk powder Leche descremada en polvo	*1/3 Cup* 1/3 Taza
Evaporated skim milk, canned Leche evaporada, descremada, sin diluir	*1/2 Cup* 1/2 Taza
Buttermilk made with skim milk Leche agria cuajada preparada con leche descremada	*1 Cup* 1 Taza
Yogurt made from skim milk, plain, unflavored Yogurt, simple, hecho con leche descremada	*1 Cup* 1 Cup
LOW-FAT MILK (LECHE BAJA EN GRASA)	
*OMIT ONE FAT EXCHANGE OMITIR UN INTERCAMBIO DE GRASA	
Low-fat milk (2% fat) Leche baja en grasa (2% de grasa)	*1 Cup* 1 Taza
Evaporated low-fat milk, canned Leche evaporada, baja en grasa	*1/2 Cup* 1/2 Taza
Yogurt made from low-fat milk, plain, unflavored Yogurt, simple, hecho con leche baja en grasa	*1 Cup* 1 Taza
WHOLE MILK (LECHE ENTERA)	
*OMIT TWO FAT EXCHANGES OMITIR DOS INTERCAMBIOS DE GRASA	
Whole milk Leche entera	*1 Cup* 1 Taza
Evaporated whole milk, canned Leche evaporada, preparada con leche entera	*1/2 Taza* 1/2 Taza
Buttermilk made from whole milk Leche agria cuajada preparada con leche entera	*1 Cup* 1 Taza
Yogurt made from whole milk, plain, unflavored Yogurt, simple, hecho con leche entera	*1 Cup* 1 Taza

VEGETABLE EXCHANGES
INTERCAMBIOS DE VERDURAS

*Each exchange is 1/2 cup cooked or raw vegetables.
Cada intercambio es 1/2 taza de verduras cocidas or crudas.

*Alfalfa sprouts
Alfalfa

*Artichoke
Alcachofa

*Asparagus
Espárragos

*Bean sprouts
Brotes de fríjol

*Bamboo shoots
Brotes de bambú

*Beans- green/wax
Ejotes- habichuelas

*Beets
Betabel

*Broccoli
Bróculi

*Brussel sprouts
Coles de bruselas

*Cabbage
Repollo

*Carrots
Zanahorias

*Cauliflower
Coliflor

*Celery
Apio

*Chayote
Chayote

*Cucumber
Pepino

*Eggplant
Berenjena

*Greens- beet, collard, dandelion, kale, mustard, spinach, swiss chard, turnip
Hojas verdes- remolacha, col rizado, diente de león, berza, mostaza, espinacas, alcelgas, nabo

*Jicama
Jicama

*Mushrooms
Hongos

*Okra
Quingombó

*Onions
Cebolla

*Peppers- green/red
Pimientos- chiles; verdes/rojos

*Rhubarb
Ruibardo

*Rutabagas
Rutabaga

*Squash- summer/zucchini
Calabacitas- de verano

*Tomatoes
Tomate

*Tomato juice
Jugo de tomate

*Turnips
Nabo

*Vegetable juice cocktail
Jugo de verduras

*Wild greens
Verdolagas
Acelgas

*The following RAW VEGITABLES may be used as desired. They are low in carbohydrate and contribute insignificant amount of the calories to your diet.

Los siguientes VERDURAS CRUDAS se pueden usar como desee. Son bajos en carbohidrato y contribuyen valor calorico insignificante en su dieta.

*Chicory
Achicoria

*Chinese cabbage
Repollo chino

*Cilantro
Cilantro

*Endive
Escarola

*Lettuce
Lechuga

*Parsley
Perejil

*Radishes
Rabános

*Watercress
Berro

FRUIT EXCHANGES
INTERCAMBIOS DE FRUTA

ALLOWED (PERMITIDO)	AMOUNT PER EXCHANGE CANTIDAD POR INTERCAMBIO
*Apple Manzana	1 1
*Apple juice Jugo de manzana	1/3 Cup 1/3 Taza
*Applesauce Salsa de manzana	1/2 Cup 1/2 Taza
*Apricots, fresh Chabacanos/albaricoque, frescos	2 medium 2 medianos
*Apricots, dried Chabacanos/albaricoque, secos	4 halves 4 mitades
*Apricot nectar Nectar de chabacano/albaricoque	1/4 Cup 1/4 Taza
*Bananas Plátanos	1/2 small 1/2 pequeño
*Blackberries Zarzamora	1/2 cup 1/2 Taza
*Blueberries Mirtilo	1/2 Cup 1/2 Taza
*Cantaloupe Melón	1/4 small 1/4 pequeño
*Cherries Cerezas	10 large 10 grandes
*Cranberry juice, diet Jugo de arándano, dieta	1 Cup 1 Taza
*Dates Dátiles	2 2
*Figs, fresh Higos, frescos	1 1
*Figs, dried Higos, secos	1 1
*Fruit cocktail Coctel de frutas	1/2 Cup 1/2 Taza
*Grapefruit Toronja	1/2 small 1/2 pequeña
*Grapefruit juice Jugo de toronja	1/2 cup 1/2 Taza
*Grapes Uvas	12 large 12 grandes

ALLOWED (PERMITIDO)	AMOUNT PER EXCHANGE CANTIDAD POR INTERCAMBIO
*Grapes, seedless Uvas, sin semilla	1/2 Cup 1/2 Taza
*Grape juice Jugo de uva	1/4 Cup 1/4 Taza
*Honeydew melon Melón de honeydew	1/8 medium 1/8 mediano
*Mango Mango	1/2 small 1/2 pequeño
*Nectarine Nectarina	1 small 1 pequeño
*Orange Naranja	1 small 1 pequeño
*Orange juice Jugo de naranja	1/2 cup 1/2 Taza
*Papaya Papaya	1/3 medium or 3/4 cup 1/3 mediana o 3/4 taza
*Peach Durazno	1 medium 1 mediano
*Peach nectar Néctar de durazno	1/3 Cup 1/3 Taza
*Pear Pera	1 small 1 pequeño
*Pear nectar Néctar de pera	1/3 Cup 1/3 Taza
*Persimmon Persimon	1 medium 1 mediano
*Pineapple chunks Piña en trozo	1/2 Cup 1/2 Taza
*Pineapple Piña	1 large slice (3 1/2" diam. X 3/4" thick) 1 rebanada grande (3 1/2" diam. X 3/4" grueso)
*Pineapple juice Jugo de piña	1/3 Cup 1/3 Taza
*Plantain Plátano macho	1/3 small 1/3 pequeño
*Plums Ciruelas	2 medium 2 medianos
*Prickley pear Tuna	1/2 Cup 1/2 Taza
*Prune juice Jugo de ciruela	1/4 Cup 1/4 Taza
*Prunes Ciruela, seca	2 medium 2 medianos

ALLOWED (PERMITIDO)	AMOUNT PER EXCHANGE CANTIDAD POR INTERCAMBIO
*Quince Membrillo	1/3 Cup 1/3 Taza
*Raisins Pasas	2 tablespoons 2 cucharadas
*Raspberries Franbuesas	1/2 Cup 1/2 Taza
*Sapote, black or white Sapote, negro o blanco	1/4 Cup 1/4 Taza
*Strawberries Fresas	3/4 Cup 3/4 Taza
*Tamarind Tamarindo	1 1/2 tablespoons 1 1/2 cucharadas
*Tangelo Tangelo	1 mediano 1 mediano
*Watermelon Sandía	1 Cup 1 Taza

BREAD EXCHANGES
INTERCAMBIOS DE PAN

ALLOWED (PERMITIDO)	AMOUNT PER EXCHANGE CANTIDAD POR INTERCAMBIO
*Bread, white, wheat, rye, Italian, French pumpernickle or raisin Pan blanco, trigo, centeno, Italiano, Francés, pumpernickle o de pasa	1 slice 1 rebanada
*Bun, frankfurter or hamburger Pan de "hot dog", o de hamburguesa	1/2 1/2
*Dried bread crumbs Migajas de pan	3 Tablespoons 3 Cucharadas
*Roll, hard, small Bolillo, chico	1 1
*Taco shell Tortilla en forma de taco	1 1
*Tortilla, corn, 6" diam. Tortilla de maíz, 6" diam.	1 1
*Tortilla, flour, 6" diam. Tortilla de harina, 6" diam.	1 1
CEREAL (CEREALES)	
*Barley, pearled Cebada	1 1/2 Tablespoons 1 1/2 Cucharadas
*Bran flakes Cereal preparado de salvado	1/2 Cup 1/2 Taza
*Cooked cereal Cereal cocido	1/2 Cup 1/2 Taza
*Cornmeal, dry Harina de maíz	2 Tablespoons 2 Cucharadas
*Cornstarch Maizena	2 Tablespoons 2 Cucharadas
*Dry cereal, other (unfrosted) Cereal preparado sin azúcar	3/4 Cup 3/4 Taza
*Dry cereal, puffed Cereal preparado inflado	1 Cup 1 Taza
*Flour Harina	2 1/2 Tablespoons 2 1/2 Cucharadas
*Hominy Maíz machacado o nixtamal	1/2 Cup 1/2 Taza
*Corn flour Masa harina	2 Tablespoons 2 Cucharadas
*Pasta, cooked (macaroni, noodles, spaghetti) Pasta cocida (macarrón, tallarines, spagueti)	1/2 Cup 1/2 Taza

	AMOUNT PER EXCHANGE CANTIDAD POR INTERCAMBIO
*Popcorn, popped Esquite/palomitas	3 Cups 3 Tazas
*Rice, cooked Arroz cocido	1/2 Taza 1/2 Taza
*Wheat germ Germen de trigo	1/4 Cup 1/4 Taza
MISCELLANEOUS (MISCELANEO)	
*Angel food cake, regular Queque tipo "Angel", regular	1/20 of cake 1/20 de queque
*Donut, plain (omit 1 fat exchange) Dona, simple (omite 1 intercambio de grasa)	1 1
*Gelatine, flavored, regular Gelatina, regular de sabores	1/2 Cup 1/2 Taza
*Ice cream, vanilla, regular (omit two fat exchanges) Nieve de vainilla (omite 2 intercambios de grasa)	1/2 Cup 1/2 Taza
PREPARED FOODS (ALIMENTOS PREPARADOS)	
*The following foods contain fat, OMIT ONE FAT EXCHANGE from your Meal Plan. Los siguientes alimentos contienen grasa, OMITE UN INTERCAMBIO DE GRASA de su Plan de Alimentación.	
*Biscuit, 2" diam. Bizcocho, 2" diam.	1 1
*Cornbread, 2" X 2" X 1" Pan de maíz, 2" diam.	1 1
*Crackers, round butter type Galletitas, redondas que contienen mantequilla	5 5
*Muffin, plain, small Panecillo, simple, pequeño	1 1
*Pancake, 5" diam. 1/2" thick Panque, 5" diam. 1/2" grueso	1 1
*Potatoes, French fries, length 2" to 3 1/2" Papas fritas, 2" a 3 1/2 de largo	8 strips 8 tiras
*Waffles, 5" diam. 1/2" thick Waffle, 5" diam. 1/2" grueso	1 1

MEAT EXCHANGES - LEAN MEAT
INTERCAMBIOS DE CARNE - DESGRASADA

	AMOUNT/EXCHANGE CANTIDAD POR INTERCAMBIO
BEEF (CARNE DE RES)	
*Baby beef, Chipped Beef, Chuck roast, Flank steaks, Sirloin steaks, Sirloin tips, Tenderloin, Tripe	1 ounce
Carne de becerro, Machaca, Carne chuck roast, Bistec flank, Bistec de lomo, Carne de lomo, Filete, Mondongo	1 onza
LAMB (BORREGO)	
*Leg of lamb, Loin and rib chops, Shoulder chops	1 ounce
Pierna de borrego, Lomo de costilla, Chuletas de hombro	1 onza
PORK (CARNE DE PUERCO)	
*Ham, center slices, Leg (Whole rump, Center shank)	1 ounce
Jamón, corte central, Pernera (Trasero entero, Pierna central)	1 onza
VEAL (TERNERA)	
*Cutlets, Leg (Round, Rump), Lion (Roast, Sirloin chops, Sirloin steaks), Rib (Chops, Steaks), Shank, Shoulder (Roast, Steaks)	1 ounce
Chuletas, Pernera (Redondo, Rump), Lomo (Rosbif, Chuletas de ternera, Bistec de ternera), Costilla (Chuletas de ternera, Bistec de ternera, Pierna de ternera, Hombro (Rosbif de ternera, Bistec de ternera)	1 onza
POULTRY (AVES)	
*Chicken and Turkey without skin	1 ounce
Pollo y pavo/guajolote sin pellejo	1 onza
FISH (PESCADO)	
*Fish, fresh or frozen, Shell-fish, fresh or frozen	1 ounce
Pescado, fresco o congelado, Mariscos, frescos o congelado	1 onza
*Canned salmon or tuna (drained)	1/4 Cup
Salmón o atún enlatado, (escurrido)	1/4 Taza
*Sardines (drained)	3 medium
Sardinas (escurridas)	3 medianas

	AMOUNT/EXCHANGE CANTIDAD POR INTERCAMBIO
CHEESE (QUESO)	
*Low-fat containing less than 5% fat, Ricotta	1 ounce
Quesos que contengan menos de 5% de grasa, Ricotta	1 Onza
*Cottage cheese, low-fat	1/4 Cup
Requesón, bajo en grasa	1/4 Taza
MEAT SUBSTITUTES (SUBSTITUTOS DE CARNE)	
*Dried beans, lentils and peas, cooked (omit 1 BREAD EXCHANGE)	1/2 Cup
Frijoles, lentejas, y chícharos cocidos (omitir 1 INTERCAMBIO DE PAN)	1/2 Taza
*Texturized vegetable protein (omit 1/2 BREAD EXCHANGE)	2 Tablespoons
Proteína texturada vegetal (omitir 1/2 INTERCAMBIO DE PAN)	2 Cucharadas

MEAT EXCHANGES - MEDIUM-FAT
INTERCAMBIOS DE CARNE - MEDIANAMENTE GRASOSA

BEEF (CARNE DE RES)	
*Corned beef, canned, Ground beef (more than 15% fat), Ground round (Commercial), Rib eye steak	1 ounce
Carne enlatada, Carne molida (más de 15% de grasa, Carne molida (Commercial), Bistec de costilla	1 onza
PORK (PUERCO)	
*Loin (Canadian bacon, Chops, Roast)	1 ounce
Lomo (Tocino Canadian, Chuletas, Ros)	1 onza
ORGAN MEATS (ORGANOS)	
*Heart, Kidney, Liver, Sweetbreads	1 ounce
Corazón, Riñones, Hígado, Mollejas	1 onza
EGG (HUEVO)	1 large 1 grande
CHEESE (QUESO)	
*Creamed cottage cheese	1/4 Cup
Requesón	1/4 Taza
*Mexican ranch style cheese	1 ounce
Queso Mexicano estilo rancho (Panela)	1 onza

MEAT EXCHANGES - HIGH FAT
INTERCAMBIOS DE CARNE - LLENA DE GRASA

	AMOUNT/EXCHANGE CANTIDAD POR INTERCAMBIO
BEEF (CARNE DE RES)	
*Ground beef (more than 20% fat), Rib-roast steaks, Short loin (Porterhouse steaks), Lengua	1 ounce
Carne molida (más de 20% de grasa), Bistec de costilla, Lomo (Bistec de solomillo), Lengua	1 onza
LAMB (BORREGO)	
*Breast of lamb, Ground lamb	1 ounce
Pecho de borrego, Carne molida de borrego	1 onza
PORK (CARNE DE PUERCO)	
*Ground pork, Rib chops, Sirloin roast, Spareribs	1 ounce
Carne de puerco molida, Chuletas de costillas, Asado de lomo, Costillas	1 onza
VEAL (TERNERA)	
*Breast, Ground veal	1 ounce
Pecho, Ternera molida	1 onza
COLD CUTS (CARNE FRIAS)	
*Bologna, Luncheon meat	1 ounce
Bolonia, Fiambres	1 onza
FRANKFURTER (SALCHICHA)	1 small 1 pequeña
POULTRY (AVES)	
*Duck, Goose, Squab	1 ounce
Pato, Ganso, Pichón	1 onza
CHEESE (QUESO)	
*Cheeses containing more than 25% butterfat; Cheddar, Monterey Jack	1 ounce
Quesos que contienen más de 25% de grasa; Queso cheddar, Monterey Jack	1 onza

FAT EXCHANGES
INTERCAMBIOS DE GRASA

	AMOUNT/EXCHANGE CANTIDAD POR INTERCAMBIO
*Avocado, 4" diam. Aguacate, 4" diam.	1/8 1/8
*Bacon Tocino	1 slice 1 rebanada
*Butter Mantequilla	1 Teaspoon 1 Cucharadita
*Chocolate, bitter Chocolate, sin azúcar	2 Teaspoons 2 Cucharaditas
*Coconut, fresh, shredded Coco, fresco, desmenuzado	2 Tablespoons 2 Cucharadas
*Cream, half and half Crema, half and half	3 Tablespoons 3 Cucharadas
*Cream, heavy (40%) fat Crema, espesa (40%) grasa	1 Tablespoon 1 Cucharada
*Cream, heavy (40%) fat, whipped Crema, espesa (40%) grasa, batida	2 Teaspoons 2 Cucharaditas
*Cream, light (20%) fat Crema, (20%) grasa	2 Tablespoons 2 Cucharadas
*Cream, sour Crema, agria	2 Tablespoons 2 Cucharadas
*Cream cheese Queso crema	1 Tablespoon 1 Cucharada
*Lard Manteca	1 Teaspoon 1 Cucharadita
*Margarine Margarina	1 Teaspoon 1 Cucharadita
*Non-dairy cream Crema preparada sin productos de leche	3 Tablespoons 3 Cucharadas
*Nuts: Almonds, Peanuts (Spanish), Pistachios Nueces: Almendras, Cacahuates (Españoles), Pistachos	10 whole; 20 whole; 4 large 10 enteras; 20 enteras; 4 grandes
*Oil Aceite	1 Teaspoon
*Salad dressing, French, Italian, Thousand Island Aderezo de ensalada, Francés, Italiano, tipo, "Mil Islas"	1 Tablespoon 1 Cucharada
*Salad dressing, mayonnaise type Aderezo de ensalada, tipo mayonesa	1 Tablespoon 1 Cucharada

SUGGESTIONS FOR CALORIE-RESTRICTED DIET
SUGERENCIAS PARA DIETA RESTRICTA EN CALORIAS

Your doctor wants you to follow a low calorie diet to lose weight.
Su doctor quiere que siga una dieta baja en calorías para que pierda de peso.

The only way to lose weight is to take in fewer calories than you use up each day.
La única manera que puede reducir de peso es reduciendo la cantidad de calorías que está comiendo cada día.

Increasing exercise and daily activity can also help you burn up extra calories.
Aumentando la cantidad de ejercicio y actividad que hace todos los días tambíen le pueden ayudar a quemar calorías.

It is important to cut back your food intake and to increase your activities.
Es muy importante que reduzca la cantidad de comida que está comiendo y que aumente su actividades.

Here are some guidelines that may help you cut down caloric intake.
Aquí tenemos guías que le pueden ser de ayuda a reducir la cantidad de calorías que está comiendo.

Learn to eat smaller portions.
Aprenda a comer porciones más pequeñas.

Cut down on fats. Try to bake or pan broil your meats. Use butter, margarine or salad dressing sparingly.
Reduzca la cantidad de grasas que está usando. Trate de cocinar al horno o a la parilla sus carnes. Use mantequilla, margarina o aderezo de ensalada parcialmente.

Avoid concentrated sweets such as cakes, cookies, pies, candies, sugar sweetened juices and carbonated beverages.
Evite dulces concentrados como queques, galletas, pasteles, dulces, y jugos de frutas y bebidas gaseosas endulzadas con azúcar.

Beer, wine and liquor are additional calorie boosters. Stay away from them.
Cerveza, vino y licor agregan calorías a su dieta. No los coma.

SUGGESTIONS (SUGERENCIAS):

Do not cook with additional fats such as lard, butter, margarine, meat drippings and oil.
No cocine con grasas adicionales como manteca, mantequilla, margarina, grasa que suelta la carne y aceite.

Trim all fat from meat before cooking.
Quítele la grasa a la carne antes de cocerla.

You may bake or pan-broil your meat. When you pan-broil, remove fat as it accumulates in the skillet.

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Puede cocinar su carne en el horno o a la parilla en sarten. Cúando cocine a la parilla en sarten, quítele la grasa que suelta la carne en el sarten.

*Then add small amount of water or chili sauce and boil meat at low to make it tender.
Entonces agrege una pequeña cantidad de agua or salsa de chile y hiérvalo a fuego lento hasta qué esté blandita.

*Do not fry eggs with lard or bacon. Serve poached or soft cooked eggs or fry in chili sauce instead.
No prepare los huevos fritos con manteca o tocino. Preparelos escalfados o tibios o fritos en salsa de chile.

*Do not use fat to cook rice, beans and vegetables. Use water with herbs (such as onion and garlic) or bouillon instead to flavor the foods.
No use grasa para cocinar arroz, frijoles y verduras. Use agua con especies (como cebolla o ajo) o cubitos de caldo para sasonar y darle sabor a su comida.

*Use fresh fruits and unsweetened fruit juices.
Use frutas frescas y jugos de frutas que no esten endulzados con azúcar.

*If you wish to use canned fruits, buy those packed in "LIGHT SYRUP" and rinse off syrup before use.
Sí usted desea use frutas enlatadas, compre las latas que digan "LIGHT SYRUP" (endulzado con poquito azúcar) y enjuague la miel de la fruta antes de usarla.

*Use salad dressing sparingly on your salads.
Use aderezo de ensalada parcialmente en su ensalada.

*Avoid the following foods:
Evite las siguientes comidas:

Pork sausage	Chorizo
Pork rind	Chicharrones
Mexican sweet bread	Pan dulce o pan Mexicano
Guacamole	Guacamole
Cakes, pies, pastries, candies, sugar, jelly	Queques, pasteles, pastelillos, dulces, azúcar, jalea
Carbonated beverages	Bebidas gaseosas
Fried foods	Comidas fritas (carnitas)
Avocado	Aguacate
Olives	Aceitunas
Wine	Vino
Beer	Cerveza
Liquor	Licor
Lard or vegetable shortening	Manteca animal o vegetal
Tamales	Tamales

SPANISH PRONUNCIATION

a, Is similar to the English soud of ah, as in father, i.e. PASA, CAMARON, CARNE, GARBANZO.

b, At the beginning of a word or after m or n, b is similar to the English sound of b, as in but, i.e. BUENO, BERENJENA, BROCULI. Softer in all other positions, i.e. NABO, BOCA, LABIO.

c, Is similar to the English sound of s, as in saw, before e or i, i.e. SALCHICHA, LECHE, MAICENA. All other times it is given a hard sound similar to k as in scan, i.e. CARNE, CAMARON, CALCIO, CARBOHIDRATO.

ch, Is similar to the English sound of ch, as in church, i.e. LECHE, CHOCOLATE, CHULETA.

d, At the beginning of a word it is similar to the English sound of d, as in dare, i.e. DURAZNO, DIARRHEA, DIETA. All other times it is similar to the English th, as in that, i.e. HIGADO, ALBONDIGAS, PESCADO

e, Is similar to the English sound of e, as in met, i.e. ESPINACAS, REPOLLO, AVENA.

f, Is similar to the English sound of f, as in fit, i.e. FRIJOL, FRESA, FIDEO

g, Before a, o, u. it is similar to the English sound of g, as in go, i.e. GORDO, GRASA, GALLINA. Before e or i, it sounds strong, i.e. FRIJOL, FRESA, FIDEO.

h, Is always silent in Spanish, i.e. HOSPITAL, PROHIBIDO, HABAS.

i, Is similar to the English i, as in unique, i.e. FRIO, MEDICINA, SI.

j, Sounds much harsher than the English h, i.e. JUGO, HOJA, PEREJIL.

k, Is similar to the English sound of k, i.e. KILO, KILOGRAM, KLEENEX.

l, Is similar to the English sound of l, as in lit, i.e. HIELO, PIEL, CALABAZA.

ll, Is similar to the English sound of y, as in yet, i.e. POLLO, TORTILLA, SERVILLETA.

m, Is similar to the English sound of m, as in man, i.e. CREMA, JAMON, MASA.

n, Is similar to the English sound of n, as in no, i.e. NUTRICION, NARANJA NOPALES.

ñ, Is similar to the English sound of ny, as in canyon, i.e. PIÑA, MAÑANA, AÑO.

o, Is similar to the English sound of o, as in snow, i.e. POLLO, BOCA, ARROZ.

p, Is similar to the English sound of p, as in spot, i.e. PAPA, APIO, PAN.

q, Is similar to the English sound of k, as in kit, i.e. QUE, QUESO, REQUESON.

r, Between vowels, or before a consonant, it is similar to the English sound of dd, as in Eddie, i.e. CALORIA, HORA, CAMARON. At the beginning of a word, it is similar to rr, i.e. REPOLLO, RINON, REFRESCO.

rr, Is heavily trilled, i.e. DIARREA, MACARRON, ARROZ.

s, Is similar to the English sound of s, as in salt, i.e. SAL, SANGRE, SALMON.

t, Is similar to the English sound of t, as in time, i.e. ESTOMAGO, TRIPAS, TOMATE.

u, Is similar to the English sound of oo, as in food, i.e. UVA, MENUDO, UNO.

v, Is similar to the English sound of b, i.e. VACA, VAINILLA.

w, Is similar to the English sound of w. There is no w in Spanish, except in foreign words, i.e. WASHINGTON, WEST VIRGINIA.

x, Is similar to the English gs, as in wigs. Before a consonant, it often becomes like an s, i.e. EXAMEN, EXTRACTO, EXHIBIR.

y, Is similar to the English sound of y, as in yet, before a vowel, i.e. YEMA, DESAYUNO, YODO. At the end of a word it is similar to the English sound of i, as in machine, i.e. HOY, VOY, ESTOY.

z, Is similar to the English sound of s, as in saw, i.e. TAZA, GARBANZO, CALABAZA.

THE SPANISH ALPHABET

The Spanish alphabet contains thirty (30) different characters.

a	a	n	ene
b	be or be alta	ñ	eñe
c	ce	o	o
ch	che	p	pe
d	de	q	cu
e	e	r	ere
f	efe	rr	erre
g	ge	s	ese
h	hache	t	te
i	i	u	u
j	jota	v	ve or u-ve
k	ka	w	doble u or doble v
l	ele	x	equis
ll	elle	y	ye or i griega
m	eme	z	zeta or zeda

DAYS OF THE WEEK - LOS DIAS DE LA SEMANA

Sunday	Domingo
Monday	Lunes
Tuesday	Martes
Wednesday	Miércoles
Thursday	Jueves
Friday	Viernes
Saturday	Sábado

SEASONS OF THE YEAR - LAS ESTACIONES DEL ANO

Spring	Primavera
Summer	Verano
Fall	Otoño
Winter	Invierno

MONTHS OF THE YEAR - LOS MESES DEL ANO

January	Enero
February	Febrero
March	Marzo
April	Abril
May	Mayo
June	Junio
July	Julio
August	Agosto
September	Septiembre
October	Octubre
November	Noviembre
December	Diciembre

NUMBERS

CARDINAL NUMBERS

1.....uno	26.....veintiseis
2.....dos	27.....veintisiete
3.....tres	28.....veintiocho
4.....cuatro	29.....veintinueve
5.....cinco	30.....treinta
6.....seis	40.....cuarenta
7.....siete	50.....cincuenta
8.....ocho	60.....sesenta
9.....nueve	70.....setenta
10.....diez	80.....ochenta
11.....once	90.....noventa
12.....doce	100.....cien
13.....trece	200.....doscientos
14.....catorce	300.....trescientos
15.....quince	400.....cuatrocientos
16.....dieciseis	500.....quinientos
17.....diecisiete	600.....seiscientos
18.....dieciocho	700.....setecientos
19.....diecinueve	800.....ochocientos
20.....veinte	900.....novecientos
21.....veintiuno	1000.....mil
22.....veintidos	1225.....mil doscientos veinticinco
23.....veintitres	1550.....mil quinientos cincuenta
24.....veinticuatro	1800.....mil ochocientos
25.....veinticinco	2000.....dos mil

ORDINAL NUMBERS

First.....primero(a)	Seventh.....septimo(a)	1/4.....un cuarto
Second....segundo(a)	Eight.....octavo(a)	1/5.....un quinto
Third.....tercero(a)	Ninth.....noveno(a)	1/6.....un sexto
Fourth....cuarto(a)	Tenth.....decimo(a)	1/7.....un septimo
Fifth.....quinto(a)	1/2.....un medio	1/8.....un octavo
Sixth.....sexto(a)	1/3.....un tercio	1/10....un decim

NUTRITIVE VALUE OF FOODS COMMONLY AVAILABLE IN HISPANIC MARKETS
(100 GRAMS EDIBLE PORTION UNLESS OTHERWISE INDICATED)

SOURCE: INCAP-ICNND Food Composition Table for Use in Latin America, 1961
Nutritive Value of American Foods in Common Units, Agri. Hdbk. No. 456, 1975

Food, approximate measure, units, and weight	Spanish names	Food energy calorie	Protein gm	Fat gm	Total CHO's gm	Calcium mg	Iron mg	Vit.A value IU*	Thiamin mg	Ribo-flavin mg	Niacin mg	Vitamin C mg
Cereal/grain pdt												
Canihua, whole grain, flakes	Hojuelas	366	17.6	8.3	61.7	171	15.0	---	.57	.95	1.6	1
Spanish rice, cooked from home recipe 1 C		213	4.4	4.2	40.7	34	1.5	1620	.10	.07	1.7	37
Tortilla, lime-treated:	Tortilla cocida con cal											
Yellow	Amarilla	210	4.6	1.8	45.3	196	2.6	67	.15	.05	1.0	0
Tortilla, flour, untreated, white corn	Tortilla blanca	361	9.7	4.0	74.8	13	3.4	0	.25	.12	1.7	0
Tortilla made in L.A. by 7 wholesale tortillerias, avg.		---	---	---	---	157	1.9	---	.14	.12	1.4	---
Vegetables												
Alfalfa, tender shoots	Alfalfa brotes tiernos	52	6.0	0.4	9.5	12	5.4	11366	.13	.14	0.5	162

*One IU of Vitamin A = 0.3 mcg of vitamin A alcohol

Food, approximate measure, units, and weight	Spanish names	Food energy calorie	Protein gm	Fat gm	Total CHO's gm	Calcium mg	Iron mg	Vit.A value IU	Thiamin mg	Ribo-flavin mg	Niacin mg	Vitamin C mg
Cassava, sweet (Manihot dulcis)	Yuca	132	1.0	0.4	32.8	40	1.4	tr	.05	.04	0.6	19
Cassava root	Raíz	148	0.8	0.3	37.4	36	1.1	17	.06	.04	0.7	40
Chard, Swiss: cooked, leaves 1 C	Acelgas	32	3.2	0.4	5.8	128	3.2	9450	.07	.19	0.7	28
Chayote, fruit	Chayote fruta	31	0.9	0.2	7.7	12	0.6	17	.03	.04	0.4	20
Coriander	Cilantro	42	3.3	0.7	8.0	188	3.0	5334	.15	.28	1.6	75
Goosefoot, lambsquarters	Quelite	32	2.1	0.7	6.0	160*	(3.0)	6317	.08	.19	0.3	--
Goosefoot, wormseed	Epasote	42	3.8	0.7	7.6	304*	5.2	4033	.06	.28	0.6	11
Malanga	Malanga	132	1.7	0.3	30.9	14	0.8	33	.13	.03	0.7	5
Mallow	Malva	37	4.4	0.6	5.9	249	12.7	7300	.13	.20	1.0	35
Mint	Hierva-buena	45	2.7	1.3	7.7	138	6.7	8467	.13	.26	0.9	64
Modiola, Carolina	Malva	15	2.2	---	2.7	263	6.0	3100	.08	.16	0.4	--
Nopalcactus, cochineal, stem	Nopal	29	1.3	0.1	6.9	---	2.7	733	.03	.04	16.0	--
Okra	Quim-bombo	42	2.2	0.2	9.7	78	1.1	330	.06	.12	1.1	29
Peppers, raw	Chiles crudos	38	1.9	0.6	8.0	20	1.7	1566	.09	.13	1.5	91
Peppers, hot	Chiles jalape-ños	36	1.2	0.2	8.7	6	0.7	500	.06	.08	2.1	35

Food, approximate measure, units, and weight	Spanish names	Food energy calorie	Protein gm	Fat gm	Total CHO's gm	Calcium mg	Iron mg	Vit.A value IU	Thiamin mg	Ribo-flavin mg	Niacin mg	Vitamin C mg
Peppers, hot, chili: immature, green: canned, chili sauce 1 C	Salsa de chile en lata, verdes	49	1.7	.2	12.3	12	1.0	1490	.07	.07	1.7	167
Mature red: Canned chili sauce 1 C	Salsa de chile en lata, roja	51	2.2	1.5	9.6	22	1.2	23500	.02	.22	1.5	74
Dried, chili powder with added seasoning 1 tsp	Chile en polvo seco	7	.3	.2	1.1	5	.3	1300	tr	.02	.2	tr
Pricklypear; cholla, stems	Nopal tallos tuna	37	1.1	0.4	9.0	110	0.5	167	.04	.04	0.2	19
Pumpkin flowers	Flor de calabaza	16	1.4	0.3	2.7	47	1.0	667	.02	.11	0.6	18
Purslane, common	Verdolaga	26	2.0	0.4	5.0	79*	3.6	2500	.02	.10	0.5	23
Sweetpotato, deep orange type	Batata camote color anaranjado	116	1.3	0.3	28.6	31	1.0	6050	.11	.04	0.8	31
Tomato, cherry	miltomate	32	1.6	0.4	6.8	15	0.6	1100	.13	.08	0.8	36
Tomato, ripe	Tomate maduro	21	0.8	0.3	4.6	7	0.6	600	.06	.05	0.7	23
Tomato, unripe	Tomate verde	21	1.2	0.2	4.6	6	0.6	150	.06	.04	0.4	18

Food, approximate measure, units, and weight	Spanish names	Food energy calorie	Protein gm	Fat gm	Total CHO's gm	Calcium mg	Iron mg	Vit.A value IU	Thiamin mg	Ribo-flavin mg	Niacin mg	Vitamin C mg
Tomato chili sauce, bottled, 1 tbsp.	Salsa picante envasado	16	0.4	tr	3.7	3	(.1)	(210)	(.01)	(.01)	(.2)	(2)
Yam (Dioscorea spp.)	Name	100	2.0	0.2	24.3	14	1.3	tr	.13	.02	0.4	3
Yambean, root	Jicama	45	1.2	0.1	10.6	18	0.8	tr	.03	.03	0.3	21
Fruits												
Avocado served skin, 1/2	Aguacate	188	2.4	18.5	7.1	11	0.7	330	.12	.23	1.8	16
Bullocksheart, custardapple	Guana-bana	75	1.9	0.2	18.5	24	1.0	tr	.07	.12	0.7	30
Cherimoya	Chiri-moya	82	1.1	0.2	21.3	34	0.6	0	.09	.13	0.9	17
Citron	Cidra	40	0.6	0.1	10.2	42	0.4	17	.06	.04	0.2	32
Figs, 1 med. (about 9 to a-lb.)	Higo	40	0.6	0.2	10.2	18	0.3	40	.03	.03	0.2	1
Greensapote	Zapote verde	110	1.6	0.2	28.6	23	0.7	83	.01	.03	1.9	43
Granadilla, sweet (passion fruit)	Grana-dilla	94	2.4	2.8	17.3	10	0.9	17	0	.11	1.6	20
Guava, whole	Guayaba	69	.09	.04	17.3	22	0.7	267	.04	.04	1.0	218
Hawthorn	Manzan-illa	89	0.7	.03	23.5	82	1.6	2783	.03	.04	.04	79
Jakfruit	Jaca	98	1.3	0.3	25.4	22	---	---	.03	(.06)	0.4	8
Mango, ripe	Mango maduro	59	0.5	0.2	15.4	12	0.8	2100	.05	.06	0.4	53

Food, approximate measure, units, and weight	Spanish names	Food energy calorie	Protein gm	Fat gm	Total CHO's gm	Calcium mg	Iron mg	Vit.A value IU	Thiamin mg	Ribo-flavin mg	Niacin mg	Vitamin C mg
Manzanita, woolly	Manzan-ita	111	1.2	1.1	27.1	---	--	1700	.03	0	0.4	78
Nopal, cochineal, fruit	Tuna blanca	60	1.3	0.3	14.7	14	0.3	0	.01	.03	0.5	17
Papaya, ripe	Papaya	32	0.5	0.1	8.3	20	0.4	367	.03	.04	0.3	46
Papaya, green	Papaya verde	28	0.8	0.1	6.9	41	0.3	tr	.04	.04	0.2	36
Plantain, yellow	Platano amarillo	122	1.0	0.3	32.3	8	0.8	583	.06	.04	0.6	20
Plantain, green	Platano verde	132	1.2	0.1	35.3	8	0.8	1267	.07	.04	0.5	28
Plantain, flour (commercial)	Platano harina	305	2.8	0.4	81.2	22	1.3	633	.09	.07	1.3	0
Pondapple	Anona	52	0.4	1.6	10.3	52	2.3	517	.04	.07	0.6	21
Pricklypear, with seeds	Tuna con semillas	60	1.4	1.4	12.1	46	1.2	33	.02	.03	0.4	22
Pummelo	Pomelo	34	0.6	0.2	8.5	26	0.5	0	.04	.02	0.2	35
Quince jelly	Membri-llo	63	0.6	0.3	16.3	6	0.6	33	.03	.03	0.4	17
Sapodilla	Chico zapote	94	0.5	1.1	23.0	24	1.0	33	.01	.01	0.2	15
Sapote, common	Mamey zapote	121	1.7	0.4	31.1	40	1.0	383	.01	.02	2.0	22
Soursop	Guana-bana	60	1.0	0.4	14.9	24	0.5	17	.07	.05	0.9	26

*Calcium unavailable

( ) Parenthesis denote "inputed values"

Food, approximate measure, units, and weight	Spanish names	Food energy calorie	Protein gm	Fat gm	Total CHO's gm	Calcium mg	Iron mg	Vit.A value IU	Thiamin mg	Ribo-flavin mg	Niacin mg	Vitamin C mg
Sugarcane juice	Jugo de caña de azúcar	82	0.3	0.1	20.5	13	0.7	tr	.02	.01	0.1	2
Tamarind	Tama-rindo	272	3.1	0.4	71.8	54	1.0	67	.44	.16	2.1	6
Dry Legumes and Products												
Chickpeas, (uncooked)	Garbanzos crudos	364	18.2	6.2	61.1	134	7.3	50	0.46	0.16	1.7	1
Lentils, uncooked	Lenteja: semilla	340	23.7	1.3	60.7	68	7.0	33	0.46	0.33	2.4	5
Black beans, uncooked 1 C	Frijoles negros crudos	678	44.6	3.0	122.4	270	15.8	60	1.10	0.40	4.4	-
Pinto beans, uncooked, 1 C	Frijoles pintos	663	43.5	2.3	121.0	257	12.2	---	1.60	0.40	4.2	
Nuts												
Pine nuts	Piñón	634	15.3	61.3	16.8	14	4.4	33	.76	.23	9.8	1
Pumpkin seeds	Semilla de ca-labaza	547	30.3	45.8	14.4	38	9.2	50	.23	.16	2.9	0
Sunflower seeds	Semilla de girasol	575	22.4	51.4	16.5	105	7.7	17	2.00	.19	7.6	-
Meat and Poultry												
Beef brains	sesos crudos	134	10.4	9.6	0.8	12	3.2	583	.15	.23	3.1	14

---No data reported or available data considered not reliable

Food, approximate measure, units, and weight	Spanish names	Food energy calorie	Protein gm	Fat gm	Total CHO's gm	Calcium mg	Iron mg	Vit.A value IU	Thiamin mg	Ribo-flavin mg	Niacin mg	Vitamin C mg
Chili con carne, with beans, canned 1 C	Carne con frijoles y chile, enlatado	339	19.1	15.6	31.1	82	4.3	150	.08	.18	3.3	---
Pork cracklings	Chicharrones	660	20.8	56.1	16.8	61	2.8	50	.03	.20	3.8	0
Pig feet med. fat	Patas de cerdo con grasa	285	20.2	22.0	0	12	3.0	0	.98	.24	5.2	0
Pigs' feet 2 oz	Patas de puerco	113	9.5	8.4	0	--	---	--	--	--	---	-
Beef head, cooked	Cabeza de res cocida	111	18.6	3.4	0.2	52	0.5	--	.02	.24	1.0	0
Beef intestines	Intestinos de res	220	11.0	19.1	0	12	1.8	0	.04	.16	2.0	0
Beef kidneys	Riñones	124	16.8	5.0	1.8	13	5.7	1000	.34	1.82	5.3	10
Beef lungs	Pulmones de res	90	16.9	2.0	(0.0)	12	6.6	183	.09	.32	3.1	0
Sausages, blood	Morcilla o embutidos de sangre	159	18.2	8.6	0.9	12	44.9	67	.02	.05	1.6	1
Beef, spleen	Bazo de res	96	17.5	1.7	1.6	10	35.3	317	.12	.34	3.3	(0)
Beef stomach	Panza de res	90	14.0	2.7	1.4	60	2.2	233	.01	.09	0.6	(0)

Food, approximate measure, units, and weight	Spanish names	Food energy calorie	Protein gm	Fat gm	Total CHO's gm	Calcium mg	Iron mg	Vit.A value IU	Thiamin mg	Ribo-flavin mg	Niacin mg	Vitamin C mg
Octopus, raw	Pulpo crudo	56	13	0.3	0	39	2.5	--	.02	.07	1.3	--
Squid, raw	Calamar fresco	78	16.4	0.9	--	12	0.5	--	.02	.12	(1.4)	--
Tongue: beef, medium fat, cooked 1 slice (20 gm)	Lengua, cocida mediana-mente de grasa	49	4.3	3.3	.1	1	0.4	--	.01	.06	.7	--
Turtle meat	Carne de tortuga	89	19.8	0.5	--	--	---	--	--	--	--	--
Fats and Oils												
Lard, 1 Tbsp.	Manteca	117	0	13.0	0	0	0	0	0	0	0	0
Pork fat	Grasa de cerdo	816	3	89.0	0	--	---	(0)	--	--	--	--
Beverage												
Atole (cornstarch gruel)	Atole	21	0.4	0.1	4.7	14	---	0	.02	.00	0.1	0
Sugar cane juice	Guarapo	42	0.1	0	6.0	25	1.2	0	.01	.02	0.1	0
Pulque (alcoholic beverage)	Pulque	43	0.3	---	6.1	12	0.6	--	.02	.02	0.4	3
Miscellaneous												
Guava preserve	Mermelada de guayaba	193	0.5	0.1	49.1	13	0.9	50	.01	.04	0.5	54
Roselle, dried	Rosa de Jamaica seca	304	7.2	2.6	74.1	(659)	9.0	--	.12	.28	3.8	7

Compiled by Genevieve Ho, R.D., PhD, Nutrition Advisor, University of California Cooperative Extension County of Los Angeles, 155 W. Washington Blvd., Room 600, Los Angeles, CA 90015, 1969.